

Week 2 Menu

WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus (updated 9/30/2022)

	October 1, 2023	October 2, 2023	October 3, 2023	October 4, 2023	October 5, 2023	October 6, 2023	October 7, 2023
BREAKFAST	Sunday Breakfast	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	Saturday Breakfast
	Choice of Juice Blueberry Pancakes Scrambled Eggs Turkey Sausage Link Milk Coffee	Choice of Juice Egg & Cheese on Wheat Muffin Sauteed Breakfast Potatoes Total Cereal Pears Milk Coffee	Choice of Juice Scrambled Egg Crispy Hashbrown Maple Apple Oatmeal Milk Coffee	Choice of Juice Scrambled Eggs Biscuit with Gravy Banana Milk Coffee	Choice of Juice Denver Scramble Sauteed Breakfast Potatoes Orange Cranberry Muffin Total Cereal Diced Pears Milk Coffee	Choice of Juice Scrambled Eggs Waffles w/ Blueberry Compote Turkey Sausage Links Milk Coffee	Choice of Juice Potato Vegetable Skillet Blueberry Muffin Pineapple Milk Coffee
	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)
LUNCH	Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
	Beef Pot Roast Sauteed Spinach Mashed Potatoes Mandarin Orange Sections Carrot Cake w/ Walnuts Milk, Tea	Baked Chicken Mashed Sweet Potatoes Seasoned Green Beans Applesauce w/ Cinnamon Brownie Milk, Tea	Hot Turkey Sandwich Zucchini w/ Tomato Mashed Potatoes Red Seedless Grapes Blueberry Crisp Milk, Tea	Honey Lime Chicken Brown Rice Carrots with Herbs Dinner Roll Diced Peaches Banana Parfait Milk, Tea	Cheeseburger Lettuce & Tomato Garlic & Herb Roasted Potatoes Garden Green Salad Banana Carrot Cake w/ Walnuts Milk, Tea	Sweet N' Sour Chicken White Rice Steamed Broccoli Pineapple Brownie Milk, Tea	Beef Pot Roast w/ Gravy Potato Wedge Carrots with Herbs Applesauce with Cinnamon Chocolate Chip Cookie Milk, Tea
	Alternate Chicken Salad on WW Tomato Soup	Alternate Turkey Burger on Bun Chicken Rice Soup	Alternate Trio salad (egg, chicken, tuna) Minestrone Soup	Alternate Turkey & Swiss Sandwich Chicken Noodle Soup	Alternate Caesar Salad with Chicken Chunky Potato Soup	Alternate Turkey Cobb Salad Vegetable Rice Soup	Alternate Almond Grape Chic Salad Broccoli Cheddar Soup
DINNER	Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
	Roasted Pork Loin Macaroni and Cheese Zucchini w/ Tomato Dinner Roll Red Seedless Grapes Sugar Cookie Milk, Tea	Latin Braised Beef Latin Black Beans Tomato, Spinach, Brown Rice Roasted Tomatoes Diced Peached Vanilla Ice Cream Milk, Tea	Chicken Alfredo Fresh Steamed Broccoli Fruit Cup Angel Food Cake w/ Whip Topping Milk, Tea	Meatloaf Mashed Potatoes Sheet Pan Ratatouille Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie Milk, Tea	Roasted Turkey Mashed Potatoes Seasoned Green Beans Dinner Roll Red Seedless Grapes Cinnamon Apples Milk, Tea	Broiled Salmon Lemon Orzo Sauteed Vegetable Medley Fruit Cup Vanilla Ice Cream Milk, Tea	Turkey ala King Fresh Steamed Broccoli Dinner Roll Angel Food Cake w/ Whipped Topping Milk, Tea
	Alternate Spinach Salad w/ Turkey Tomato Soup	Alternate Greek Salad w/ Chicken Chicken Rice Soup	Alternate Dijon Roast Beef on Wheat Minestrone Soup	Alternate Egg Salad Sandwich on WW Chicken Noodle Soup	Alternate Tuna Salad on WW Chunky Potato Soup	Alternate Chef Salad Vegetable Rice Soup	Alternate BBQ Chicken Salad Broccoli Cheddar Soup

Name: _____

Room #: _____

Circle Main or Alternate Entree. Please do not write in additional items.
All therapeutic diets will be modified according to diet restrictions and texture requirements.