

## Week 2 Menu

### WEEK AT A GLANCE MENU

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

	March 17, 2024	March 18, 2024	March 19, 2024	March 20, 2024	March 21, 2024	March 22, 2024	March 23, 2024
BREAKFAST	<b>Sunday Breakfast</b> Choice of Juice  Blueberry Pancakes  Scrambled Eggs  Turkey Sausage Link  Milk Coffee	<b>Monday Breakfast</b> Choice of Juice  Egg & Cheese on Wheat Muffin Sauteed Breakfast Potatoes  Total Cereal Pears  Milk Coffee	<b>Tuesday Breakfast</b> Choice of Juice  Scrambled Egg  Crispy Hashbrown  Maple Apple Oatmeal  Milk Coffee	<b>Wednesday Breakfast</b> Choice of Juice  Scrambled Eggs  Biscuit with Gravy  Banana  Milk Coffee	<b>Thursday Breakfast</b> Choice of Juice  Denver Scramble Sauteed Breakfast Potatoes Orange Cranberry Muffin Total Cereal  Diced Pears  Milk Coffee	<b>Friday Breakfast</b> Choice of Juice  Scrambled Eggs  Waffles w/ Blueberry Compote  Turkey Sausage Links  Milk Coffee	<b>Saturday Breakfast</b> Choice of Juice  Potato Vegetable Skillet  Blueberry Muffin  Pineapple  Milk Coffee
	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)
	<b>Sunday Lunch</b> Happy St. Patrick's Day  Braised Beef Shepard's Pie Side Salad with Balsamic Dressing  Peppermint Brookie  Milk, Tea	<b>Monday Lunch</b>  <b>Baked Chicken</b>  Mashed Sweet Potatoes Seasoned Green Beans  Applesauce w/ Cinnamon  Brownie Milk, Tea	<b>Tuesday Lunch</b>  <b>Hot Turkey Sandwich</b>  Zucchini w/ Tomato Mash Potatoes  Red Seedless Grapes  Blueberry Crisp Milk, Tea	<b>Wednesday Lunch</b>  <b>Honey Lime Chicken</b>  Brown Rice Carrots with Herbs Dinner Roll Diced Peaches  Banana Parfait Milk, Tea	<b>Thursday Lunch</b>  <b>Cheeseburger</b> Lettuce & Tomato  Garlic & Herb Roasted Potatoes  Garden Green Salad Banana Carrot Cake w/ Walnuts Milk, Tea	<b>Friday Lunch</b>  <b>Sweet N' Sour Chicken</b>  White Rice  Steamed Broccoli  Pineapple Brownie Milk, Tea	<b>Saturday Lunch</b>  <b>Beef Pot Roast w/ Gravy</b>  Potato Wedge  Carrots with Herbs  Applesauce with Cinnamon Chocolate Chip Cookie Milk, Tea
LUNCH	<b>Alternate</b> <b>Chicken Salad on WW</b> Tomato Soup	<b>Alternate</b> Turkey Burger on Bun Chicken Rice Soup	<b>Alternate</b> Trio salad (egg, chicken, tuna) Minestrone Soup	<b>Alternate</b> Turkey & Swiss Sandwich Chicken Noodle Soup	<b>Alternate</b> Caesar Salad with Chicken Chunky Potato Soup	<b>Alternate</b> Turkey Cobb Salad Vegetable Rice Soup	<b>Alternate</b> Almond Grape Chic Salad Broccoli Cheddar Soup
	<b>Sunday Dinner</b>  <b>Roasted Pork Loin</b>  Macaroni and Cheese Zucchini w/ Tomato  Dinner Roll Red Seedless Grapes Sugar Cookie Milk, Tea	<b>Monday Dinner</b>  <b>Latin Braised Beef</b>  Latin Black Beans Tomato, Spinach, Brown Rice Roasted Tomatoes  Diced Peached Vanilla Ice Cream Milk, Tea	<b>Tuesday Dinner</b>  <b>Chicken Alfredo</b>  Fresh Steamed Broccoli  Fruit Cup  Angel Food Cake w/ Whip Topping Milk, Tea	<b>Wednesday Dinner</b>  <b>Meatloaf</b>  Mashed Potatoes Sheet Pan Ratatouille Dinner Roll  Mandarin Oranges Oatmeal Raisin Cookie Milk, Tea	<b>Thursday Dinner</b>  <b>Roasted Turkey</b>  Mashed Potatoes Seasoned Green Beans Dinner Roll  Red Seedless Grapes Cinnamon Apples Milk, Tea	<b>Friday Dinner</b>  <b>Broiled Salmon</b>  Lemon Orzo  Sauteed Vegetable Medley  Fruit Cup Vanilla Ice Cream Milk, Tea	<b>Saturday Dinner</b>  <b>Turkey ala King</b>  Fresh Steamed Broccoli  Dinner Roll  Angel Food Cake w/ Whipped Topping Milk, Tea
	<b>Alternate</b> Spinach Salad w/ Turkey Tomato Soup	<b>Alternate</b> Greek Salad w/ Chicken Chicken Rice Soup	<b>Alternate</b> Dijon Roast Beef on Wheat Minestrone Soup	<b>Alternate</b> Egg Salad Sandwich on WW Chicken Noodle Soup	<b>Alternate</b> Tuna Salad on WW Chunky Potato Soup	<b>Alternate</b> Chef Salad Vegetable Rice Soup	<b>Alternate</b> BBQ Chicken Salad Broccoli Cheddar Soup
DINNER	<b>Sunday Breakfast</b> Choice of Juice  Blueberry Pancakes  Scrambled Eggs  Turkey Sausage Link  Milk Coffee	<b>Monday Breakfast</b> Choice of Juice  Egg & Cheese on Wheat Muffin Sauteed Breakfast Potatoes  Total Cereal Pears  Milk Coffee	<b>Tuesday Breakfast</b> Choice of Juice  Scrambled Egg  Crispy Hashbrown  Maple Apple Oatmeal  Milk Coffee	<b>Wednesday Breakfast</b> Choice of Juice  Scrambled Eggs  Biscuit with Gravy  Banana  Milk Coffee	<b>Thursday Breakfast</b> Choice of Juice  Denver Scramble Sauteed Breakfast Potatoes Orange Cranberry Muffin Total Cereal  Diced Pears  Milk Coffee	<b>Friday Breakfast</b> Choice of Juice  Scrambled Eggs  Waffles w/ Blueberry Compote  Turkey Sausage Links  Milk Coffee	<b>Saturday Breakfast</b> Choice of Juice  Potato Vegetable Skillet  Blueberry Muffin  Pineapple  Milk Coffee
	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)
	<b>Sunday Lunch</b> Happy St. Patrick's Day  Braised Beef Shepard's Pie Side Salad with Balsamic Dressing  Peppermint Brookie  Milk, Tea	<b>Monday Lunch</b>  <b>Baked Chicken</b>  Mashed Sweet Potatoes Seasoned Green Beans  Applesauce w/ Cinnamon  Brownie Milk, Tea	<b>Tuesday Lunch</b>  <b>Hot Turkey Sandwich</b>  Zucchini w/ Tomato Mash Potatoes  Red Seedless Grapes  Blueberry Crisp Milk, Tea	<b>Wednesday Lunch</b>  <b>Honey Lime Chicken</b>  Brown Rice Carrots with Herbs Dinner Roll Diced Peaches  Banana Parfait Milk, Tea	<b>Thursday Lunch</b>  <b>Cheeseburger</b> Lettuce & Tomato  Garlic & Herb Roasted Potatoes  Garden Green Salad Banana Carrot Cake w/ Walnuts Milk, Tea	<b>Friday Lunch</b>  <b>Sweet N' Sour Chicken</b>  White Rice  Steamed Broccoli  Pineapple Brownie Milk, Tea	<b>Saturday Lunch</b>  <b>Beef Pot Roast w/ Gravy</b>  Potato Wedge  Carrots with Herbs  Applesauce with Cinnamon Chocolate Chip Cookie Milk, Tea
	<b>Alternate</b> <b>Chicken Salad on WW</b> Tomato Soup	<b>Alternate</b> Turkey Burger on Bun Chicken Rice Soup	<b>Alternate</b> Trio salad (egg, chicken, tuna) Minestrone Soup	<b>Alternate</b> Turkey & Swiss Sandwich Chicken Noodle Soup	<b>Alternate</b> Caesar Salad with Chicken Chunky Potato Soup	<b>Alternate</b> Turkey Cobb Salad Vegetable Rice Soup	<b>Alternate</b> Almond Grape Chic Salad Broccoli Cheddar Soup
DINNER	<b>Sunday Dinner</b>  <b>Roasted Pork Loin</b>  Macaroni and Cheese Zucchini w/ Tomato  Dinner Roll Red Seedless Grapes Sugar Cookie Milk, Tea	<b>Monday Dinner</b>  <b>Latin Braised Beef</b>  Latin Black Beans Tomato, Spinach, Brown Rice Roasted Tomatoes  Diced Peached Vanilla Ice Cream Milk, Tea	<b>Tuesday Dinner</b>  <b>Chicken Alfredo</b>  Fresh Steamed Broccoli  Fruit Cup  Angel Food Cake w/ Whip Topping Milk, Tea	<b>Wednesday Dinner</b>  <b>Meatloaf</b>  Mashed Potatoes Sheet Pan Ratatouille Dinner Roll  Mandarin Oranges Oatmeal Raisin Cookie Milk, Tea	<b>Thursday Dinner</b>  <b>Roasted Turkey</b>  Mashed Potatoes Seasoned Green Beans Dinner Roll  Red Seedless Grapes Cinnamon Apples Milk, Tea	<b>Friday Dinner</b>  <b>Broiled Salmon</b>  Lemon Orzo  Sauteed Vegetable Medley  Fruit Cup Vanilla Ice Cream Milk, Tea	<b>Saturday Dinner</b>  <b>Turkey ala King</b>  Fresh Steamed Broccoli  Dinner Roll  Angel Food Cake w/ Whipped Topping Milk, Tea
	<b>Alternate</b> Spinach Salad w/ Turkey Tomato Soup	<b>Alternate</b> Greek Salad w/ Chicken Chicken Rice Soup	<b>Alternate</b> Dijon Roast Beef on Wheat Minestrone Soup	<b>Alternate</b> Egg Salad Sandwich on WW Chicken Noodle Soup	<b>Alternate</b> Tuna Salad on WW Chunky Potato Soup	<b>Alternate</b> Chef Salad Vegetable Rice Soup	<b>Alternate</b> BBQ Chicken Salad Broccoli Cheddar Soup
	<b>Alternate</b> Spinach Salad w/ Turkey Tomato Soup	<b>Alternate</b> Greek Salad w/ Chicken Chicken Rice Soup	<b>Alternate</b> Dijon Roast Beef on Wheat Minestrone Soup	<b>Alternate</b> Egg Salad Sandwich on WW Chicken Noodle Soup	<b>Alternate</b> Tuna Salad on WW Chunky Potato Soup	<b>Alternate</b> Chef Salad Vegetable Rice Soup	<b>Alternate</b> 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.

## Week 3 Menu

### WEEK AT A GLANCE MENU

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

	March 24, 2024	March 25, 2024	March 26, 2024	March 27, 2024	March 28, 2024	March 29, 2024	March 30, 2024
BREAKFAST	<b>Sunday Breakfast</b> Choice of Juice  Scrambled Egg Banana Pancakes  Turkey Sausage Links  Milk Coffee	<b>Monday Breakfast</b> Choice of Juice  Scrambled Eggs Mild Picante Salsa  Sauteed Breakfast Potatoes  Mandarin Orange Sections  Milk Coffee	<b>Tuesday Breakfast</b> Choice of Juice  Scrambled Egg  Oatmeal with Berries Seasoned Hash Browns  Applesauce  Milk Coffee	<b>Wednesday Breakfast</b> Choice of Juice  Potato Vegetable Skillet Mild Picante Salsa  Total Cereal  Diced Peaches  Milk Coffee	<b>Thursday Breakfast</b> Choice of Juice  Egg & Cheese Biscuit Sandwich  Potatoes O'Brien Mild Picante Salsa  Banana Milk Coffee	<b>Friday Breakfast</b> Choice of Juice  Scrambled Eggs  Cinnamon French Toast Turkey Sausage Link  Total Cereal  Milk Coffee	<b>Saturday Breakfast</b> Choice of Juice  Scrambled Eggs w/ Cheese  Sweet Potato Hash  Blueberry Muffin Banana  Milk, Tea Coffee
	<b>Alternate</b> pancakes (2) <i>bacon (2) or sausage (2)</i>	<b>Alternate</b> pancakes (2) <i>bacon (2) or sausage (2)</i>	<b>Alternate</b> pancakes (2) <i>bacon (2) or sausage (2)</i>	<b>Alternate</b> pancakes (2) <i>bacon (2) or sausage (2)</i>	<b>Alternate</b> pancakes (2) <i>bacon (2) or sausage (2)</i>	<b>Alternate</b> pancakes (2) <i>bacon (2) or sausage (2)</i>	<b>Alternate</b> pancakes (2) <i>bacon (2) or sausage (2)</i>
LUNCH	<b>Sunday Lunch</b> Baked Ziti w/ Cheese Meat Sauce  Fresh Steamed Broccoli Dinner Roll Orange Angel Food Cake w/ Whip Topping Milk, Tea	<b>Monday Lunch</b> Sloppy Joe  Garlic Herb Roasted Potatoes  Coleslaw  Diced Pears Carrot Cake w/ Walnuts Milk, Tea	<b>Tuesday Lunch</b> Baked Chicken  Macaroni and Cheese  Sauteed Zucchini  Red Seedless Grapes Cookie Mousse Milk, Tea	<b>Wednesday Lunch</b> Lasagna Roll-up w/ Marinara  Sheet Pan Ratatouille  Dinner Roll  Fruit Cup Chocolate Chip Cookie Milk, Tea	<b>Thursday Lunch</b> Braised Beef Spanish Style  Brown Rice Sauteed Tomatoes with Kale  Red Seedless Grapes  Sugar Cookie Milk, Tea	<b>Friday Lunch</b> Chicken Pot Pie  Sauteed Zucchini and Squash  Pineapple  Banana Parfait  Milk, Tea	<b>Saturday Lunch</b> 17 Spice Grill Chicken Honey Mustard Sauce Maple Mashed Sweet Potatoes Creamed Spinach Dinner Roll Fruit Cup  Chocolate Ice Cream Milk, Tea
	<b>Alternate</b> <i>Hot Turkey Sandwich</i> <i>Tomato Soup</i>	<b>Alternate</b> <i>Grilled Chicken Caesar Wrap</i> <i>Chicken Rice Soup</i>	<b>Alternate</b> <i>Asian Chicken Salad</i> <i>Minestrone Soup</i>	<b>Alternate</b> <i>Trio Salad (chicken, egg, tuna)</i> <i>Chicken Noodle Soup</i>	<b>Alternate</b> <i>Turkey &amp; Swiss Sandwich</i> <i>Chunky Potato Soup</i>	<b>Alternate</b> <i>Tuna Salad Sandwich on WW</i> <i>Vegetable Rice Soup</i>	<b>Alternate</b> <i>Almond Chicken Salad</i> <i>Broccoli Cheddar Soup</i>
DINNER	<b>Sunday Dinner</b> Pork Loin  Mashed Potatoes Seasoned Green Beans  Banana  Sugar Cookie Milk, Tea	<b>Monday Dinner</b> Chicken Tinga Bowl  Red Seedless Grapes  Brownie  Milk, Tea	<b>Tuesday Dinner</b> Beef Stroganoff  Egg Noodles Fresh Steamed Broccoli Dinner Roll  Fruit Cup Vanilla Ice Cream Milk, Tea	<b>Wednesday Dinner</b> Teriyaki Chicken  Brown Fried Rice Carrots with Ginger  Pineapple Angel Food Cake w/ Whipped Topping Milk, Tea	<b>Thursday Dinner</b> Roast Turkey Breast  Mashed Potatoes Seasoned Green Beans  Mandarin Orange Sections  Vanilla Ice Cream Cup Milk, Tea	<b>Friday Dinner</b> Dijon Herb Crusted Fish  Lemon Orzo Sauteed Vegetable Medley  Red Seedless Grapes Brownies  Milk, Tea	<b>Saturday Dinner</b> Cheeseburger Lettuce & Tomato  Garlic Herb Roasted Potatoes Carrot Sticks  Fruit Cup Oatmeal Raisin Cookie Milk, Tea
	<b>Alternate</b> <i>Tuna Salad Sandwich on WW</i> <i>Tomato Soup</i>	<b>Alternate</b> <i>Patty Melt</i> <i>Chicken Rice Soup</i>	<b>Alternate</b> <i>Santa Fe Turkey Wrap</i> <i>Minestrone Soup</i>	<b>Alternate</b> <i>Dijon Roast Beef on WW</i> <i>Chicken Noodle Soup</i>	<b>Alternate</b> <i>Chef Salad</i> <i>Chunky Potato Soup</i>	<b>Alternate</b> <i>Greek Salad w/ Chicken</i> <i>Vegetable Rice Soup</i>	<b>Alternate</b> <i>Turkey Wrap</i> <i>Broccoli Cheddar Soup</i>

Name: \_\_\_\_\_

Room #: \_\_\_\_\_

Circle Main or Alternate Entree. Please do not write in additional items.  
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