

Week 2 Menu

WEEK AT A GLANCE MENU

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

	September 1, 2024	September 2, 2024	September 3, 2024	September 4, 2024	September 5, 2024	September 6, 2024	September 7, 2024
BREAKFAST	Sunday Breakfast	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	Saturday Breakfast
	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
	Blueberry Pancakes	Egg & Cheese on Wheat Muffin	Scrambled Egg	Scrambled Eggs	Denver Scramble Sautéed Breakfast Potatoes	Scrambled Eggs	Potato Vegetable Skillet
	Scrambled Eggs	Sautéed Breakfast Potatoes	Crispy Hashbrown	Biscuit with Gravy	Orange Cranberry Muffin Total Cereal	Waffles w/ Blueberry Compote	Blueberry Muffin
	Turkey Sausage Link	Total Cereal Pears	Maple Apple Oatmeal	Banana	Diced Pears	Turkey Sausage Links	Pineapple
Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	
Alternate pancakes (2) <i>bacon (2) or sausage (2)</i>	Alternate pancakes (2) <i>bacon (2) or sausage (2)</i>	Alternate pancakes (2) <i>bacon (2) or sausage (2)</i>	Alternate pancakes (2) <i>bacon (2) or sausage (2)</i>	Alternate pancakes (2) <i>bacon (2) or sausage (2)</i>	Alternate pancakes (2) <i>bacon (2) or sausage (2)</i>	Alternate pancakes (2) <i>bacon (2) or sausage (2)</i>	Alternate pancakes (2) <i>bacon (2) or sausage (2)</i>
LUNCH	Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
	Beef Pot Roast	Baked Chicken	Hot Turkey Sandwich	Honey Lime Chicken	Cheeseburger Lettuce & Tomato	Sweet N' Sour Chicken	Beef Pot Roast w/ Gravy
	Sautéed Spinach Mashed Potatoes	Mashed Sweet Potatoes Seasoned Green Beans	Zucchini w/ Tomato Mash Potatoes	Brown Rice Carrots with Herbs Dinner Roll Diced Peaches	Garlic & Herb Roasted Potatoes	White Rice	Potato Wedge
	Mandarin Orange Sections	Applesauce w/ Cinnamon	Red Seedless Grapes	Banana Parfait	Garden Green Salad Banana Carrot Cake w/ Walnuts Milk, Tea	Steamed Broccoli	Carrots with Herbs
	Carrot Cake w/ Walnuts Milk, Tea	Brownie Milk, Tea	Blueberry Crisp Milk, Tea	Banana Parfait Milk, Tea		Pineapple Brownie Milk, Tea	Applesauce with Cinnamon Chocolate Chip Cookie Milk, Tea
Alternate <i>Chicken Salad on WW</i> <i>Tomato Soup</i>	Alternate <i>Turkey Burger on Bun</i> <i>Chicken Rice Soup</i>	Alternate <i>Trio salad (egg, chicken, tuna)</i> <i>Minestrone Soup</i>	Alternate <i>Turkey & Swiss Sandwich</i> <i>Chicken Noodle Soup</i>	Alternate <i>Caesar Salad with Chicken</i> <i>Chunky Potato Soup</i>	Alternate <i>Turkey Cobb Salad</i> <i>Vegetable Rice Soup</i>	Alternate <i>Almond Grape Chic Salad</i> <i>Broccoli Cheddar Soup</i>	
DINNER	Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
	Roasted Pork Loin	Latin Braised Beef	Chicken Alfredo	Meatloaf	Roasted Turkey	Broiled Salmon	Turkey ala King
	Macaroni and Cheese Zucchini w/ Tomato	Latin Black Beans Tomato, Spinach, Brown Rice Roasted Tomatoes	Fresh Steamed Broccoli	Mashed Potatoes Sheet Pan Ratatouille Dinner Roll	Mashed Potatoes Seasoned Green Beans Dinner Roll	Lemon Orzo	Fresh Steamed Broccoli
	Dinner Roll		Fruit Cup			Sautéed Vegetable Medley	Dinner Roll
	Red Seedless Grapes Sugar Cookie Milk, Tea	Diced Peached Vanilla Ice Cream Milk, Tea	Angel Food Cake w/ Whip Topping Milk, Tea	Mandarin Oranges Oatmeal Raisin Cookie Milk, Tea	Red Seedless Grapes Cinnamon Apples Milk, Tea	Fruit Cup Vanilla Ice Cream Milk, Tea	Angel Food Cake w/ Whipped Topping Milk, Tea
Alternate <i>Spinach Salad w/ Turkey</i> <i>Tomato Soup</i>	Alternate <i>Greek Salad w/ Chicken</i> <i>Chicken Rice Soup</i>	Alternate <i>Dijon Roast Beef on Wheat</i> <i>Minestrone Soup</i>	Alternate <i>Egg Salad Sandwich on WW</i> <i>Chicken Noodle Soup</i>	Alternate <i>Tuna Salad on WW</i> <i>Chunky Potato Soup</i>	Alternate <i>Chef Salad</i> <i>Vegetable Rice Soup</i>	Alternate <i>BBQ Chicken Salad</i> <i>Broccoli Cheddar Soup</i>	

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.