

Week 1 Menu

WEEK AT A GLANCE MENU

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

	March 23, 2025	March 24, 2025	March 25, 2025	March 26, 2025	March 27, 2025	March 28, 2025	March 29, 2025	
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	
	Total Cereal	Blintzes	Oatmeal w/ Cran-Orange Compote	Egg, Bacon, Cheddar, Sandwich	Potato Vegetable Skillet	Cinnamon French Toast Banana Foster Sauce	Cheesy Scrambled Eggs	
LUNCH	Scrambled Eggs Sauteed Breakfast Potatoes Bacon Banana	Scrambled Eggs Sausage Link	Denver Scramble Potato Hash	Breakfast Potatoes Fruit Cup Raisin Bran Cereal Bowl	Sausage Link Banana	Scrambled Eggs Pork Bacon	Sauteed Breakfast Potatoes Sausage Link	
	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>
	Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	
	Beef Pot Roast	Chicken Breast Marsala	Meatloaf	Roasted Pork Loin	Roast Turkey Breast	Beef Stroganoff	Chicken Pot Pie	
	Mashed Potatoes	Garlic & Herb Roasted Potatoes	Mashed Potatoes	Tomato, Spinach, Brown Rice	Mashed Potato w/Gravy	Egg Noodles	Fresh Steamed Broccoli	
	Carrots with Herbs	Sheet Pan Ratatouille	Steamed Broccoli	Carrots w/ Ginger	Seasoned Green Beans	Carmelized Carrots		
	Cookies Mousse	Orange Creamsicle Gelatin	Banana Parfait	Cinnamon Apples	Brownie	Blueberry Crisp	Brownie & Strawberry Delight	
	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	
	Alternate <i>Chicken Salad on WW</i> <i>Tomato Soup</i>	Alternate <i>PB, Almond, & Apple Wrap</i> <i>Minestrone Soup</i>	Alternate <i>Chef Salad</i> <i>Chicken Rice Soup</i>	Alternate <i>Chicken Caesar Salad</i> <i>Chunky Potato Soup</i>	Alternate <i>BBQ Chicken Salad</i> <i>Broccoli Cheddar Soup</i>	Alternate <i>Greek Salad w/ Chicken</i> <i>Italian Wedding Soup</i>	Alternate <i>Chef Salad</i> <i>Chicken Noodle Soup</i>	
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner		
Grilled Chicken Breast Seasoned Green Beans Cauliflower Mac & Cheese	Italian Meatballs WW Penne Pasta Vegan Marinara Sauce Dinner Roll	17 Spice Grill Chicken Honey Mustard Sauce Macaroni & Cheese	Hot Beef Sandwich Mashed Cauliflower Potatoes	Chicken Breast Parmesan WW Penne Pasta Dinner Roll Zucchini w/ Tomato	Chicken Tinga Bowl Pineapple	Lasagna Roll Up w/ Marinara Sheet Pan Ratatouille Dinner Roll		
Fruit Cup	Garden Side Salad Pineapple Brownie	Balsamic Brussel Sprouts Red Seedless Grapes Chocolate Chip Cookie	Garden Side Salad Banana Ultimate Double Brownie	Fruit Cup Sugar Cookie	Orange Creamsicle Gelatin	Red Seedless Grapes Chocolate Ice Cream		
Angel Food Cake w/ Whip Topping Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea		
Alternate <i>Turkey & Swiss Sandwich</i> <i>Tomato Soup</i>	Alternate <i>Greek Salad w/ Chicken</i> <i>Minestrone Soup</i>	Alternate <i>Tuna Salad on WW</i> <i>Chicken Rice Soup</i>	Alternate <i>Trio salad (egg, chicken,tuna)</i> <i>Chunky Potato Soup</i>	Alternate <i>Turkey & Swiss Sandwich</i> <i>Broccoli Cheddar Soup</i>	Alternate <i>Tuna Salad Sandwich on WW</i> <i>Italian Wedding Soup</i>	Alternate <i>Chicken Salad on WW</i> <i>Chicken Noodle 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.