

## Week 2 Menu

## WEEK AT A GLANCE MENU

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

	July 13, 2025	July 14, 2025	July 15, 2025	July 16, 2025	July 17, 2025	July 18, 2025	July 19, 2025
	Sunday Breakfast	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	Saturday Breakfast
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
	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)
	Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
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 Mash 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
	<b>Alternate</b> Chicken Salad on WW 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
	Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
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
	<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.