

Week 1 Menu

WEEK AT A GLANCE MENU

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

| | | August 17, 2025 | August 18, 2025 | August 19, 2025 | August 20, 2025 | August 21, 2025 | August 22, 2025 | August 23, 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 | |
| | 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 Fruit Cup | |
| LUNCH | Milk Coffee | Milk Coffee | Milk Coffee | Milk Coffee | Milk Coffee | Milk Coffee | Milk Coffee | |
| | Alternate pancakes (2) bacon (2) <i>or</i> sausage (2) | Alternate pancakes (2) bacon (2) <i>or</i> sausage (2) | Alternate pancakes (2) bacon (2) <i>or</i> sausage (2) | Alternate pancakes (2) bacon (2) <i>or</i> sausage (2) | Alternate pancakes (2) bacon (2) <i>or</i> sausage (2) | Alternate pancakes (2) bacon (2) <i>or</i> sausage (2) | Alternate pancakes (2) bacon (2) <i>or</i> sausage (2) | |
| | 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 | |
| DINNER | 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 | Caramelized 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 Chicken Salad on WW Tomato Soup | Alternate PB, Almond, & Apple Wrap Minestrone Soup | Alternate Chef Salad Chicken Rice Soup | Alternate Chicken Caesar Salad Chunky Potato Soup | Alternate BBQ Chicken Salad Broccoli Cheddar Soup | Alternate Greek Salad w/ Chicken Italian Wedding Soup | Alternate Chef Salad Chicken Noodle Soup | |
| | Sunday Dinner | Monday Dinner | Tuesday Dinner | Wednesday Dinner | Thursday Dinner | Friday Dinner | Saturday Dinner | |
| | Grilled Chicken Breast | Italian Meatballs | 17 Spice Grill Chicken | Hot Beef Sandwich | Chicken Breast Parmesan | Chicken Tinga Bowl | Lasagna Roll Up w/ Marinara | |
| | Seasoned Green Beans Cauliflower Mac & Cheese | WW Penne Pasta Vegan Marinara Sauce Dinner Roll Garden Side Salad Pineapple Brownie | Honey Mustard Sauce Macaroni & Cheese Balsamic Brussel Sprouts Red Seedless Grapes Chocolate Chip Cookie | Mashed Cauliflower Potatoes Garden Side Salad Banana Ultimate Double Brownie | WW Penne Pasta Dinner Roll Zucchini w/ Tomato Fruit Cup Sugar Cookie | Pineapple Orange Creamsicle Gelatin | Sheet Pan Ratatouille Dinner Roll Red Seedless Grapes Chocolate Ice Cream | |
| | Fruit Cup | Milk, Tea | Milk, Tea | Milk, Tea | Milk, Tea | Milk, Tea | Milk, Tea | |
| | Angel Food Cake w/ Whip Topping Milk, Tea | Alternate Greek Salad w/ Chicken Minestrone Soup | Alternate Tuna Salad on WW Chicken Rice Soup | Alternate Trio salad (egg, chicken,tuna) Chunky Potato Soup | Alternate Turkey & Swiss Sandwich Broccoli Cheddar Soup | Alternate Tuna Salad Sandwich on WW Italian Wedding Soup | Alternate Chicken Salad on WW Chicken Noodle Soup | |
| | Alternate Turkey & Swiss Sandwich Tomato 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.