

# Week 3 Menu

## WEEK AT A GLANCE MENU Providence Everett Medical Center - Pacific Campus

	January 4, 2026	January 5, 2026	January 6, 2026	January 7, 2026	January 8, 2026	January 9, 2026	January 10, 2026
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) 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)
	<b>Sunday Lunch</b>	<b>Monday Lunch</b>	<b>Tuesday Lunch</b>	<b>Wednesday Lunch</b>	<b>Thursday Lunch</b>	<b>Friday Lunch</b>	<b>Saturday Lunch</b>
	<b>Baked Ziti w/ Cheese Meat Sauce</b>  Fresh Steamed Broccoli Dinner Roll Orange Angel Food Cake w/ Whip Topping Milk, Tea  <b>Alternate</b> Hot Turkey Sandwich Tomato Soup	<b>Sloppy Joe</b>  Garlic Herb Roasted Potatoes  Coleslaw  Diced Pears Carrot Cake w/ Walnuts Milk, Tea  <b>Alternate</b> Grilled Chicken Caesar Wrap Chicken Rice Soup	<b>Baked Chicken</b>  Macaroni and Cheese  Sauteed Zucchini  Red Seedless Grapes Cookie Mousse Milk, Tea  <b>Alternate</b> Asian Chicken Salad Minestrone Soup	<b>Lasagna Roll-up w/ Marinara</b>  Sheet Pan Ratatouille  Dinner Roll  Fruit Cup Chocolate Chip Cookie Milk, Tea  <b>Alternate</b> Trio Salad (chicken, egg, tuna) Chicken Noodle Soup	<b>Braised Beef Spanish Style</b>  Brown Rice Sauteed Tomatoes with Kale  Red Seedless Grapes  Sugar Cookie Milk, Tea  <b>Alternate</b> Turkey & Swiss Sandwich Chunky Potato Soup	<b>Chicken Pot Pie</b>  Sauteed Zucchini and Squash  Pineapple  Banana Parfait  Milk, Tea  <b>Alternate</b> Tuna Salad Sandwich on WW Vegetable Rice Soup	<b>17 Spice Grill Chicken Honey Mustard Sauce</b>  Maple Mashed Sweet Potatoes Creamed Spinach Dinner Roll Fruit Cup  Chocolate Ice Cream Milk, Tea  <b>Alternate</b> Almond Chicken Salad Broccoli Cheddar Soup
LUNCH	<b>Sunday Dinner</b>	<b>Monday Dinner</b>	<b>Tuesday Dinner</b>	<b>Wednesday Dinner</b>	<b>Thursday Dinner</b>	<b>Friday Dinner</b>	<b>Saturday Dinner</b>
	<b>Pork Loin</b>  Mashed Potatoes Seasoned Green Beans  Banana  Sugar Cookie Milk, Tea  <b>Alternate</b> Tuna Salad Sandwich on WW Tomato Soup	<b>Chicken Tinga Bowl</b>  Red Seedless Grapes  Brownie  Milk, Tea  <b>Alternate</b> Patty Melt Chicken Rice Soup	<b>Beef Stroganoff</b>  Egg Noodles Fresh Steamed Broccoli Dinner Roll  Fruit Cup Vanilla Ice Cream Milk, Tea  <b>Alternate</b> Santa Fe Turkey Wrap Minestrone Soup	<b>Teriyaki Chicken</b>  Brown Fried Rice Carrots with Ginger  Pineapple Angel Food Cake w/ Whipped Topping Milk, Tea  <b>Alternate</b> Dijon Roast Beef on WW Chicken Noodle Soup	<b>Roast Turkey Breast</b>  Mashed Potatoes Seasoned Green Beans  Mandarin Orange Sections  Vanilla Ice Cream Cup Milk, Tea  <b>Alternate</b> Chef Salad Chunky Potato Soup	<b>Dijon Herb Crusted Fish</b>  Lemon Orzo Sauteed Vegetable Medley  Red Seedless Grapes Brownies  Milk, Tea  <b>Alternate</b> Greek Salad w/ Chicken Vegetable Rice Soup	<b>Cheeseburger Lettuce &amp; Tomato</b>  Garlic Herb Roasted Potatoes Carrot Sticks  Fruit Cup Oatmeal Raisin Cookie Milk, Tea  <b>Alternate</b> Turkey Wrap Broccoli Cheddar Soup
	<b>Sunday Dinner</b>	<b>Monday Dinner</b>	<b>Tuesday Dinner</b>	<b>Wednesday Dinner</b>	<b>Thursday Dinner</b>	<b>Friday Dinner</b>	<b>Saturday Dinner</b>
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Name: \_\_\_\_\_

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.