

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	
Sunday Breakfast		Monday Breakfast		Tuesday Breakfast		Wednesday Breakfast		Thursday Breakfast		Friday Breakfast		Saturday Breakfast	
BREAKFAST	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
	Scrambled Egg Banana Pancakes	Scrambled Eggs Mild Picante Salsa	Scrambled Egg	Potato Vegetable Skillet Mild Picante Salsa	Egg & Cheese Biscuit Sandwich	Scrambled Eggs	Scrambled Eggs w/ Cheese						
	Turkey Sausage Links	Sauteed Breakfast Potatoes	Oatmeal with Berries Seasoned Hash Browns	Total Cereal	Potatoes O'Brien Mild Picante Salsa	Cinnamon French Toast Turkey Sausage Link	Sweet Potato Hash						
	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Banana Milk Coffee	Total Cereal	Blueberry Muffin Banana						
	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)						
	Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch						
	Baked Ziti w/ Cheese Meat Sauce	Sloppy Joe	Baked Chicken	Lasagna Roll-up w/ Marinara	Braised Beef Spanish Style	Chicken Pot Pie	17 Spice Grill Chicken Honey Mustard Sauce						
	Fresh Steamed Broccoli Dinner Roll Orange	Garlic Herb Roasted Potatoes Coleslaw	Macaroni and Cheese Sautéed Zucchini	Sheet Pan Ratatouille Dinner Roll	Brown Rice Sautéed Tomatoes with Kale Red Seedless Grapes	Sautéed Zucchini and Squash Pineapple	Maple Mashed Sweet Potatoes Creamed Spinach Dinner Roll Fruit Cup						
	Angel Food Cake w/ Whip Topping Milk, Tea	Diced Pears Carrot Cake w/ Walnuts Milk, Tea	Red Seedless Grapes Cookie Mousse Milk, Tea	Fruit Cup Chocolate Chip Cookie Milk, Tea	Sugar Cookie Milk, Tea	Banana Parfait Milk, Tea	Chocolate Ice Cream Milk, Tea						
	Alternate Hot Turkey Sandwich Tomato Soup	Alternate Grilled Chicken Caesar Wrap Chicken Rice Soup	Alternate Asian Chicken Salad Minestrone Soup	Alternate Trio Salad (chicken, egg, tuna) Chicken Noodle Soup	Alternate Turkey & Swiss Sandwich Chunky Potato Soup	Alternate Tuna Salad Sandwich on WW Vegetable Rice Soup	Alternate Almond Chicken Salad Broccoli Cheddar Soup						
LUNCH	Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner						
	Pork Loin	Chicken Tinga Bowl	Beef Stroganoff	Teriyaki Chicken	Roast Turkey Breast	Dijon Herb Crusted Fish	Cheeseburger Lettuce & Tomato						
	Mashed Potatoes Seasoned Green Beans	Red Seedless Grapes	Egg Noodles Fresh Steamed Broccoli Dinner Roll	Brown Fried Rice Carrots with Ginger	Mashed Potatoes Seasoned Green Beans	Lemon Orzo Sautéed Vegetable Medley	Garlic Herb Roasted Potatoes Carrot Sticks						
	Banana	Brownie	Fruit Cup Vanilla Ice Cream	Pineapple Angel Food Cake w/ Whipped Topping Milk, Tea	Mandarin Orange Sections Vanilla Ice Cream Cup Milk, Tea	Red Seedless Grapes Brownies Milk, Tea	Fruit Cup Oatmeal Raisin Cookie Milk, Tea						
	Sugar Cookie Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea									
	Alternate Tuna Salad Sandwich on WW Tomato Soup	Alternate Patty Melt Chicken Rice Soup	Alternate Santa Fe Turkey Wrap Minestrone Soup	Alternate Dijon Roast Beef on WW Chicken Noodle Soup	Alternate Chef Salad Chunky Potato Soup	Alternate Greek Salad w/ Chicken Vegetable Rice Soup	Alternate Turkey Wrap Broccoli Cheddar Soup						

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.