

Week 1 Menu

WEEK AT A GLANCE MENU

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

	February 22, 2026	February 23, 2026	February 24, 2026	February 25, 2026	February 26, 2026	February 27, 2026	February 28, 2026
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 Scrambled Eggs Sauteed Breakfast Potatoes Bacon Banana Milk Coffee	Blintzes Scrambled Eggs Sausage Link Milk Coffee	Oatmeal w/ Cran-Orange Compote Denver Scramble Potato Hash Milk Coffee	Egg, Bacon, Cheddar, Sandwich Breakfast Potatoes Fruit Cup Raisin Bran Cereal Bowl Milk Coffee	Potato Vegetable Skillet Sausage Link Banana Milk Coffee	Cinnamon French Toast Banana Foster Sauce Scrambled Eggs Pork Bacon Milk Coffee	Cheesy Scrambled Eggs Sauteed Breakfast Potatoes Sausage Link Fruit Cup Milk Coffee
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
pancakes (2) bacon (2) or sausage (2)	pancakes (2) bacon (2) or sausage (2)	pancakes (2) bacon (2) or sausage (2)	pancakes (2) bacon (2) or sausage (2)	pancakes (2) bacon (2) or sausage (2)	pancakes (2) bacon (2) or sausage (2)	pancakes (2) bacon (2) or sausage (2)	pancakes (2) bacon (2) or sausage (2)
LUNCH	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 Carrots with Herbs Cookies Mousse Milk, Tea	Garlic & Herb Roasted Potatoes Sheet Pan Ratatouille Orange Creamsicle Gelatin Milk, Tea	Mashed Potatoes Steamed Broccoli Banana Parfait Milk, Tea	Tomato, Spinach, Brown Rice Carrots w/ Ginger Cinnamon Apples Milk, Tea	Mashed Potato w/Gravy Seasoned Green Beans Brownie Milk, Tea	Egg Noodles Carmelized Carrots Blueberry Crisp Milk, Tea	Fresh Steamed Broccoli Brownie & Strawberry Delight Milk, Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate
Chicken Salad on WW Tomato Soup	PB, Almond, & Apple Wrap Minestrone Soup	Chef Salad Chicken Rice Soup	Chicken Caesar Salad Chunky Potato Soup	BBQ Chicken Salad Broccoli Cheddar Soup	Greek Salad w/ Chicken Italian Wedding Soup	Chicken Noodle Soup	
DINNER	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
	Seasoned Green Beans Cauliflower Mac & Cheese Fruit Cup Angel Food Cake w/ Whip Topping Milk, Tea	WW Penne Pasta Vegan Marinara Sauce Dinner Roll Garden Side Salad Pineapple Brownie Milk, Tea	Honey Mustard Sauce Macaroni & Cheese Balsamic Brussel Sprouts Red Seedless Grapes Chocolate Chip Cookie Milk, Tea	Mashed Cauliflower Potatoes Garden Side Salad Banana Ultimate Double Brownie Milk, Tea	WW Penne Pasta Dinner Roll Zucchini w/ Tomato Fruit Cup Sugar Cookie Milk, Tea	Pineapple Orange Creamsicle Gelatin Milk, Tea	Sheet Pan Ratatouille Dinner Roll Red Seedless Grapes Chocolate Ice Cream Milk, Tea
Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	
Turkey & Swiss Sandwich Tomato Soup	Greek Salad w/ Chicken Minestrone Soup	Tuna Salad on WW Chicken Rice Soup	Trio salad (egg, chicken, tuna) Chunky Potato Soup	Turkey & Swiss Sandwich Broccoli Cheddar Soup	Tuna Salad Sandwich on WW Italian Wedding Soup	Chicken Salad on WW Chicken Noodle 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.