

# Week 3 Menu

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

	April 19, 2026	April 20, 2026	April 21, 2026	April 22, 2026	April 23, 2026	April 24, 2026	April 25, 2026
<b>BREAKFAST</b>	<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  Sautéed 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) <i>bacon (2) or sausage (2)</i>	<b>Alternate</b> pancakes (2) <i>bacon (2) or sausage (2)</i>	<b>Alternate</b> pancakes (2) <i>bacon (2) or sausage (2)</i>	<b>Alternate</b> pancakes (2) <i>bacon (2) or sausage (2)</i>	<b>Alternate</b> pancakes (2) <i>bacon (2) or sausage (2)</i>	<b>Alternate</b> pancakes (2) <i>bacon (2) or sausage (2)</i>	<b>Alternate</b> pancakes (2) <i>bacon (2) or sausage (2)</i>
	<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>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>Sloppy Joe</b>  Garlic Herb Roasted Potatoes  Coleslaw  Diced Pears Carrot Cake w/ Walnuts Milk, Tea	<b>Baked Chicken</b>  Macaroni and Cheese  Sautéed Zucchini  Red Seedless Grapes Cookie Mousse Milk, Tea	<b>Lasagna Roll-up w/ Marinara</b>  Sheet Pan Ratatouille  Dinner Roll  Fruit Cup Chocolate Chip Cookie Milk, Tea	<b>Braised Beef Spanish Style</b>  Brown Rice Sautéed Tomatoes with Kale  Red Seedless Grapes  Sugar Cookie Milk, Tea	<b>Chicken Pot Pie</b>  Sautéed Zucchini and Squash  Pineapple  Banana Parfait  Milk, Tea	<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> <i>Hot Turkey Sandwich</i> <i>Tomato Soup</i>	<b>Alternate</b> <i>Grilled Chicken Caesar Wrap</i> <i>Chicken Rice Soup</i>	<b>Alternate</b> <i>Asian Chicken Salad</i> <i>Minestrone Soup</i>	<b>Alternate</b> <i>Trio Salad (chicken, egg, tuna)</i> <i>Chicken Noodle Soup</i>	<b>Alternate</b> <i>Turkey &amp; Swiss Sandwich</i> <i>Chunky Potato Soup</i>	<b>Alternate</b> <i>Tuna Salad Sandwich on WW</i> <i>Vegetable Rice Soup</i>	<b>Alternate</b> <i>Almond Chicken Salad</i> <i>Broccoli Cheddar Soup</i>
	<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>DINNER</b>	<b>Pork Loin</b>  Mashed Potatoes Seasoned Green Beans  Banana  Sugar Cookie Milk, Tea	<b>Chicken Tinga Bowl</b>  Red Seedless Grapes  Brownie  Milk, Tea	<b>Beef Stroganoff</b>  Egg Noodles Fresh Steamed Broccoli Dinner Roll  Fruit Cup Vanilla Ice Cream Milk, Tea	<b>Teriyaki Chicken</b>  Brown Fried Rice Carrots with Ginger  Pineapple Angel Food Cake w/ Whipped Topping Milk, Tea	<b>Roast Turkey Breast</b>  Mashed Potatoes Seasoned Green Beans  Mandarin Orange Sections  Vanilla Ice Cream Cup Milk, Tea	<b>Dijon Herb Crusted Fish</b>  Lemon Orzo Sautéed Vegetable Medley  Red Seedless Grapes Brownies  Milk, Tea	<b>Cheeseburger Lettuce &amp; Tomato</b>  Garlic Herb Roasted Potatoes Carrot Sticks  Fruit Cup Oatmeal Raisin Cookie Milk, Tea
	<b>Alternate</b> <i>Tuna Salad Sandwich on WW</i> <i>Tomato Soup</i>	<b>Alternate</b> <i>Patty Melt</i> <i>Chicken Rice Soup</i>	<b>Alternate</b> <i>Santa Fe Turkey Wrap</i> <i>Minestrone Soup</i>	<b>Alternate</b> <i>Dijon Roast Beef on WW</i> <i>Chicken Noodle Soup</i>	<b>Alternate</b> <i>Chef Salad</i> <i>Chunky Potato Soup</i>	<b>Alternate</b> <i>Greek Salad w/ Chicken</i> <i>Vegetable Rice Soup</i>	<b>Alternate</b> <i>Turkey Wrap</i> <i>Broccoli Cheddar Soup</i>

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.