Week 1 Menu

WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus

	November 1, 2026	November 2, 2026	November 3, 2026	November 4, 2026	November 5, 2026	November 6, 2026	November 7, 2026
BREAKFAST	**Sunday Breakfast**	**Monday Breakfast**	**Tuesday Breakfast**	**Wednesday Breakfast**	**Thursday Breakfast**	**Friday Breakfast**	**Saturday Breakfast**
	Choice of Juice Total Cereal Scrambled Eggs Sauteed Breakfast Potatoes Bacon Banana Milk Coffee	Choice of Juice Blintzes Scrambled Eggs Sausage Link Milk Coffee	Choice of Juice Oatmeal w/ Cran-Orange Compote Denver Scramble Potato Hash Milk Coffee	Choice of Juice Egg, Bacon, Cheddar, Sandwich Breakfast Potatoes Fruit Cup Raisin Bran Cereal Bowl Milk Coffee	Choice of Juice Potato Vegetable Skillet Sausage Link Banana Milk Coffee	Choice of Juice Cinnamon French Toast Banana Foster Sauce Scrambled Eggs Pork Bacon Milk Coffee	Choice of Juice Cheesy Scrambled Eggs Sauteed Breakfast Potatoes Sausage Link Fruit Cup Milk Coffee
	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)*
LUNCH	**Sunday Lunch**	**Monday Lunch**	**Tuesday Lunch**	**Wednesday Lunch**	**Thursday Lunch**	**Friday Lunch**	**Saturday Lunch**
	Beef Pot Roast Mashed Potatoes Carrots with Herbs Cookies Mousse Milk, Tea	**Chicken Breast Marsala** Garlic & Herb Roasted Potatoes Sheet Pan Ratatouille Orange Creamscile Gelatin Milk, Tea	**Meatloaf** Mashed Potatoes Steamed Broccoli Banana Parfait Milk, Tea	**Roasted Pork Loin** Tomato, Spinach, Brown Rice Carrots w/ Ginger Cinnamon Apples Milk, Tea	**Roast Turkey Breast** **Mashed Potato w/Gravy** **Seasond Green Beans** **Brownie** Milk, Tea	**Beef Stroganoff** Egg Noodles Carmelized Carrots Blueberry Crisp Milk, Tea	**Chicken Pot Pie** Fresh Steamed Broccoli Brownie & Strawberry Delight 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*
DINNER	**Sunday Dinner**	**Monday Dinner**	**Tuesday Dinner**	**Wednesday Dinner**	**Thursday Dinner**	**Friday Dinner**	**Saturday Dinner**
	Grilled Chicken Breast Seasoned Green Beans Cauliflower Mac & Cheese Fruit Cup Angel Food Cake w/ Whip Topping Milk, Tea	**Italian Meatballs** WW Penne Pasta Vegan Marinara Sauce Dinner Roll Garden Side Salad Pineapple Brownie Milk, Tea	**17 Spice Grill Chicken** **Honey Mustard Sauce** Macaroni & Cheese Balsamic Brussel Sprouts Red Seedless Grapes Chocolate Chip Cookie Milk, Tea	**Hot Beef Sandwich** Mashed Cauliflower Potatoes Garden Side Salad Banana Ultimate Double Brownie Milk, Tea	**Chicken Breast Parmesan** WW Penne Pasta Dinner Roll Zucchini w/ Tomato Fruit Cup Sugar Cookie Milk, Tea	**Chicken Tinga Bowl** Pineapple Orange Creamsicle Gelatin Milk, Tea	**Lasagna Roll Up w/ Marinara** Sheet Pan Ratatouille Dinner Roll Red Seedless Grapes Chocolate Ice Cream Milk, Tea
	Alternate *Turkey & Swiss Sandwich* *Tomato Soup*	**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*

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.