

Week 1 Menu

WEEK AT A GLANCE MENU

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

	January 11, 2026	January 12, 2026	January 13, 2026	January 14, 2026	January 15, 2026	January 16, 2026	January 17, 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) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> 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 Creamsicle 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 Seasoned 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.