

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