

Week 1 Menu

WEEK AT A GLANCE MENU

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

February 1, 2026		February 2, 2026		February 3, 2026		February 4, 2026		February 5, 2026		February 6, 2026		February 7, 2026	
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 Banana Foster Sauce		Cheesy Scrambled Eggs	
Scrambled Eggs		Scrambled Eggs		Denver Scramble		Breakfast Potatoes Fruit Cup		Sausage Link		Scrambled Eggs Pork Bacon		Sautéed Breakfast Potatoes Sausage Link	
Sautéed Breakfast Potatoes Bacon Banana		Sausage Link		Potato Hash		Raisin Bran Cereal Bowl		Banana				Fruit Cup	
Milk		Milk		Milk		Milk		Milk		Milk		Milk	
Coffee		Coffee		Coffee		Coffee		Coffee		Coffee		Coffee	
Alternate		Alternate		Alternate		Alternate		Alternate		Alternate		Alternate	
pancakes (2)		pancakes (2)		pancakes (2)		pancakes (2)		pancakes (2)		pancakes (2)		pancakes (2)	
bacon (2) or sausage (2)		bacon (2) or sausage (2)		bacon (2) or sausage (2)		bacon (2) or sausage (2)		bacon (2) or sausage (2)		bacon (2) or sausage (2)		bacon (2) or sausage (2)	
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		Caramelized Carrots		Brownie & Strawberry Delight	
Cookies Mousse		Orange Creamsicle Gelatin		Banana Parfait		Cinnamon Apples		Brownie		Blueberry Crisp			
Milk, Tea		Milk, Tea		Milk, Tea		Milk, Tea		Milk, Tea		Milk, Tea		Milk, Tea	
Alternate		Alternate		Alternate		Alternate		Alternate		Alternate		Alternate	
Chicken Salad on WW		PB, Almond, & Apple Wrap		Chef Salad		Chicken Caesar Salad		BBQ Chicken Salad		Greek Salad w/ Chicken		Chef Salad	
Tomato Soup		Minestrone Soup		Chicken Rice Soup		Chunky Potato Soup		Broccoli Cheddar Soup		Italian Wedding Soup		Chicken Noodle Soup	
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 w/ Marinara	
Seasoned Green Beans		WW Penne Pasta		Honey Mustard Sauce		Mashed Cauliflower Potatoes		WW Penne Pasta		Pineapple		Sheet Pan Ratatouille	
Cauliflower Mac & Cheese		Vegan Marinara Sauce		Macaroni & Cheese		Garden Side Salad		Dinner Roll		Orange Creamsicle Gelatin		Dinner Roll	
Fruit Cup		Garden Side Salad		Balsamic Brussel Sprouts		Banana		Zucchini w/ Tomato				Red Seedless Grapes	
Angel Food Cake w/ Whip Topping		Pineapple		Red Seedless Grapes		Ultimate Double Brownie		Fruit Cup				Chocolate Ice Cream	
Milk, Tea		Milk, Tea		Milk, Tea		Milk, Tea		Milk, Tea		Milk, Tea		Milk, Tea	
Alternate		Alternate		Alternate		Alternate		Alternate		Alternate		Alternate	
Turkey & Swiss Sandwich		Greek Salad w/ Chicken		Tuna Salad on WW		Trio salad (egg, chicken, tuna)		Turkey & Swiss Sandwich		Tuna Salad Sandwich on WW		Chicken Salad on WW	
Tomato Soup		Minestrone Soup		Chicken Rice Soup		Chunky Potato Soup		Broccoli Cheddar Soup		Italian Wedding Soup		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.