

Week 4 Menu

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

		August 25, 2019	August 26, 2019	August 27, 2019	August 28, 2019	August 29, 2019	August 30, 2019	August 31, 2019
BREAKFAST	Sunday Breakfast	Orange Juice Malt-O-Meal Croissant Cheesy Scrambled Eggs Peaches Milk Coffee, Tea	Monday Breakfast Grape Juice Cream of Rice Sausage Hashbrown Frittata Banana Milk Coffee, Tea	Tuesday Breakfast Orange Juice Cream of Wheat Texas French Toast Bacon Melon Cup Milk Coffee, Tea	Wednesday Breakfast Apple Juice Oatmeal Scrambled Eggs w/ Cheese & Tomato Blueberry Muffin Pears Milk Coffee, Tea	Thursday Breakfast Orange Juice Cream of Rice English Muffin Sandwich w/ Egg Round & Sausage Patty Apple Slices Milk Coffee, Tea	Friday Breakfast Grape Juice Oatmeal Biscuit & Gravy Scrambled Eggs Banana Milk Coffee, Tea	Saturday Breakfast Apple Juice Cream of Wheat Cheesy Scrambled Egg O'Brien Potatoes Grapes Milk Coffee, Tea
	Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	
LUNCH	Four Cheese Macaroni Steamed Peas & Pearl Onions Green Salad Vanilla Ice Cream Coffee, Tea	Salisbury Steak w/Gravy Garlic Mashed Potatoes Carrots Cherry Pie Coffee, Tea	Meatloaf with Taco Spice Scalloped Potatoes French Green Beans Chocolate Chip Cookie Coffee, Tea	Sloppy Joe Sandwich Corn Green Salad Macadamia Cookie Coffee, Tea	Chicken Tenders Roasted Sweet Potato Wedges Broccoli Chocolate Mousse Coffee, Tea	Tilapia Wild Rice Pilaf Roasted Brussels Sprouts Apple Cobbler with Biscuit Milk, Coffee, Tea	Baked Chicken Parmesan Rotini Pasta Italian Vegetables Peaches Coffee, Tea	
	Alternate <i>Mandarin Pork Stir Fry Jasmine Rice, Salad</i>	Alternate <i>Chicken Provencal Garlic Mashed Pot, Carrots</i>	Alternate <i>Turkey & Swiss Sandwich Tomato Soup</i>	Alternate <i>Chef Salad Roll</i>	Alternate <i>Veggie Burger with Lettuce & Tomato, Broccoli</i>	Alternate <i>Sliced Ham, Wild Rice Pilaf and Brussels Sprouts</i>	Alternate <i>Loaded Baked Potato Soup w/ Breadstick, Garden Salad</i>	
	Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner	
DINNER	Sweet & Sour Meatballs Brown Rice Vegetables Blend Oatmeal Raisin Cookie Milk, Coffee, Tea	Baked Pasta Torte with White Sauce Lemon Scented Broccoli Angel Food Cake with Fruit Milk, Coffee, Tea	Fettucini Alfredo Zucchini Jello Salad Milk, Coffee, Tea	All Beef Hot Dog Fries Italian Vegetable Fruit cocktail Milk, Coffee, Tea	Chicken Bruschetta Sandwich Green Beans Brownie Milk, Coffee, Tea	Crispy Chicken Sandwich Squash Saute w/ Red Peppers Lemon Pudding Milk, Coffee, Tea	Irish Beef Stew Roll Side Salad Sugar Cookie Milk, Coffee, Tea	
	Alternate <i>Egg Salad Sandwich Side Salad</i>	Alternate <i>Chicken Taco Salad, Corn Bread, Garden Veg Soup</i>	Alternate <i>Baked Cod w/ Cream Sauce 1/2 Baked Potato, Zucchini</i>	Alternate <i>Chicken Caesar Salad Garlic Bread</i>	Alternate <i>Cheese Ravioli w/ Chunky Marinara, Green Beans</i>	Alternate <i>Traditional Beef Tacos Squash Saute w/Red Peppers</i>	Alternate <i>Teriyaki Chicken Veg Fried Rice, Side Salad</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.

B. Minks, RDN