

Week 1 Menu

WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus

	September 1, 2019	September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019	September 7, 2019
BREAKFAST	Sunday Breakfast	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	Saturday Breakfast
	Orange Juice Malt-O-Meal Texas French Toast w/ Syrup Sausage Links Fruit Milk Coffee, Tea	Grape Juice Cream of Wheat Western Scramble Eggs Blueberry Muffin Grapes Milk Coffee, Tea	Orange Juice Oatmeal Pancakes w/ Syrup Bacon Fruit Milk Coffee, Tea	Apple Juice Cream of Rice Spinach Cheddar Quiche Hashbrowns Fruit Milk Coffee, Tea	Orange Juice Cream of Wheat English Muffin Scrambled Eggs with Jack Cheese Yogurt Fresh Fruit Milk Coffee, Tea	Grape Juice Malt-O-Meal Biscuit w/ Sausage Gravy Scrambled Egg Fruit Milk Coffee, Tea	Apple Juice Oatmeal Scrambled Egg Sliced Ham Fresh Fruit Milk Coffee, Tea
LUNCH	Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
	Roast Turkey Country Mashed Potato French Cut Green Beans Mandarin Oranges Coffee, Tea	Labor Day Braised BBQ Short Ribs Macaroni Salad Baked Beans Chocolate Cake Coffee, Tea	BBQ Pork Sandwich Potato Wedge Scandinavian Brownie Coffee, Tea	Sweet & Sour Chicken w/ Pineapple Jasmine Rice Asian Pineapple Slaw Vanilla Ice Cream Coffee, Tea	Country Fried Steak w/Gravy Mashed Potatoes Broccoli Pears Milk, Coffee, Tea	BBQ Chicken Augratin Potatoes Green Beans Sherbet Milk, Coffee, Tea	Crispy Chicken Sandwich Potato Wedge Green Beans Chocolate Ice Cream Coffee, Tea
	Alternate Swedish Meatballs Mashed Potato & Vegetable	Alternate Citrus Chicken Roll and Soup Du Jour	Alternate SW Chicken Salad and Roll	Alternate Sausage & Onions on Bun and Asian Slaw	Alternate Chicken Cacciatore Pasta Broccoli & Roll	Alternate Tuna Casserole Roll & Green Beans	Alternate Stir Fry Veg with Chicken White Rice
DINNER	Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
	Cheese Tortellini w/ Marinara WW Dinner Roll Roasted Zucchini Lemon Pudding Milk, Coffee, Tea	Beef Stroganoff Over Egg Noodles Italian Vegetables Vanilla Ice Cream Milk, Coffee, Tea	Turkey Veg Stew w/ Dumplings Broccoli Strawberry Ice Cream Milk, Coffee, Tea	Chicken Cordon Blue Wild Rice Pilaf Mixed Vegetable Macadamia Cookie Milk, Coffee, Tea	Cheeseburger on WW French Fries Mixed Greens Salad with Spinach Chocolate Mousse Coffee, Tea	Apple Pork Loin Stuffing Mixed Vegetables Sugar Cookie Milk, Coffee, Tea	Cheese Enchilada Black Beans Shredded Lettuce Tapioca Pudding Milk, Coffee, Tea
	Alternate Tuna Salad on WW Soup du Jour	Alternate Chz & Bean Burrito w/Sauce Sour Cream, Mexi Rice, Veg	Alternate Chicken Caesar Breast Rice & Broccoli	Alternate Mac and Cheese with Vegetables	Alternate BBQ Apricot Meatballs French Fries & Green Salad	Alternate Taco Stuffed Baked Potato with Mixed Vegetables	Alternate Chicken Salad Sandwich Cilantro Slaw, Soup Du Jour

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