

# Week 2 Menu

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

	March 22, 2020	March 23, 2020	March 24, 2020	March 25, 2020	March 26, 2020	March 27, 2020	March 28, 2020
<b>BREAKFAST</b>	<b>Sunday Breakfast</b>	<b>Monday Breakfast</b>	<b>Tuesday Breakfast</b>	<b>Wednesday Breakfast</b>	<b>Thursday Breakfast</b>	<b>Friday Breakfast</b>	<b>Saturday Breakfast</b>
	Orange Juice	Grape Juice	Orange Juice	Apple Juice	Orange Juice	Orange Juice	Grape Juice
	Malt-O-Meal	Cream of Wheat	Oatmeal	Cream of Rice	Oatmeal	Malt-O-Meal	Oatmeal
	Texas French Toast w/ Syrup Bacon	Biscuit w/ jam	Danish	English Muffin	Hashbrown Casserole	Croissant	French Toast
	Fruit	Scrambled Eggs	Yogurt	Scrambled Eggs	Sausage Links	Cheesy Eggs	Sausage Link
Milk	Fruit	Hard Boiled Egg	Fruited Yogurt Parfait	Fruit	Fruit	Fruit	Fruit
Coffee, Tea	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea
<b>LUNCH</b>	<b>Sunday Lunch</b>	<b>Monday Lunch</b>	<b>Tuesday Lunch</b>	<b>Wednesday Lunch</b>	<b>Thursday Lunch</b>	<b>Friday Lunch</b>	<b>Saturday Lunch</b>
	Herb Pork Loin w/pan gravy	<b>Chicken Fried Steak</b> w/ beef gravy	<b>Chicken Carbonara</b>	<b>Taco Casserole</b>	<b>Spaghetti w/ meat sauce</b>	<b>Meatballs Alfredo</b>	<b>Cheeseburger</b>
	Roasted Potatoes	Mashed Potatoes	Penne Pasta	Side Salad	Garlic Bread	French Cut Green Beans	Fries
	Broccoli	Green Beans	Zucchini	Black Beans	Caesar Salad	Bowtie Pasta	Lettuce, Tomato, Onion
	Chocolate Chip Cookie	Strawberry Ice Cream	Jello	Brownie	Chocolate Ice Cream	Oatmeal Raisin Cookie	Chocolate Cake
Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea	
<b>Alternate</b> <i>Fettuccini Alfredo</i> <i>Broccoli</i>	<b>Alternate</b> <i>Roasted Tofu &amp; Veg Plate</i> <i>with Wild Rice</i>	<b>Alternate</b> <i>Steamed Cod w/ White Sauce</i> <i>Breadstick and Zucchini</i>	<b>Alternate</b> <i>Herbed Chicken</i> <i>Broccoli and Fries</i>	<b>Alternate</b> <i>French Dip Burger, Au Jus</i> <i>Fries, Carrots &amp; Celery</i>	<b>Alternate</b> <i>Clam Chowder</i> <i>Roll, Salad</i>	<b>Alternate</b> <i>Cottage Cheese &amp; Fruit Plate</i> <i>Dinner Roll</i>	
<b>Sunday Dinner</b>	<b>Monday Dinner</b>	<b>Tuesday Dinner</b>	<b>Wednesday Dinner</b>	<b>Thursday Dinner</b>	<b>Friday Dinner</b>	<b>Saturday Dinner</b>	
<b>Meatloaf</b>	<b>Pork Riblits</b> w/ bbq sauce	<b>Macaroni and Cheese</b>	<b>Salisbury Steak w/gravy</b>	<b>Pork Fried Rice</b>	<b>Grilled Cheese Sandwich</b>	<b>Chicken Pot Pie</b>	
Mashed Potatoes and Gravy	Potato Wedges		Mashed Potatoes	Asian Mixed Vegetables	Creamy Tomato Soup	Biscuit	
Carrots	Corn	Broccoli	Mixed Vegetables	Soup of the Day		Mixed Vegetable	
Cake w/ Fruit Topping	BanVan Pudding w/ Wafer	Apple Pie	Butterscotch Mousse	Apple Crisp	Caramel Vanilla Cake	Cherry Pie	
Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	
<b>Alternate</b> <i>Veggie Burger</i> <i>Lett, Tom, Onion &amp; Carrots</i>	<b>Alternate</b> <i>Catch of the Day, Potato</i> <i>Wedges and Corn</i>	<b>Alternate</b> <i>Santa Fe Chicken w/crm sce</i> <i>Black Beans and Rice</i>	<b>Alternate</b> <i>Turkey Sandwich</i> <i>Baked Lays and Soup</i>	<b>Alternate</b> <i>Cobb Salad, Dinner Roll</i> <i>and Soup du Jour</i>	<b>Alternate</b> <i>Garlic Tilapia &amp; White Sauce</i> <i>Jasmine Rice &amp; Carrots</i>	<b>Alternate</b> <i>Tuna Salad Sandwich</i> <i>Carrots &amp; Celery</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*