Week 3 Menu

WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus

	March 29, 2020	March 30, 2020	March 31, 2020	April 1, 2020	April 2, 2020	April 3, 2020	April 4, 2020
	Sunday Breakfast	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	Saturday Breakfast
BREAKFAST	Grape Juice Cream of Wheat Pancakes Bacon Fruit Milk Coffee, Tea	Orange Juice Oatmeal Biscuit w/Country Gravy Scrambled Eggs Fruit Milk Coffee, Tea	Orange Juice Oatmeal Ham & Cheese Breakfast Bake Fried Potatoes Fruit Milk Coffee, Tea	Apple Juice Cream of Rice Bagel w/jelly Scrambled Eggs Fruit Milk Coffee, Tea	Orange Juice Oatmeal Sausage Egg Scramble with Cheese Hashbrowns Fruit Milk Coffee, Tea	Apple Juice Oatmeal Homestyle Breakfast Casserole with Sausage Gravy Fruit Milk Coffee, Tea	Grape Juice Cream of Rice Pancakes Sausage Links Fruit Milk Coffee, Tea
	Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
LUNCH	**Chicken Fried Rice** Mixed Vegetables Cake w/ Fruit Topping Coffee, Tea	**BBQ Pork Loin** Steak Fries Cabbage Slaw BanVan Pudding w/ Wafer Coffee, Tea	**Open Face Meatloaf Sandwich** Mashed Potatoes & Gravy Green Beans Apple Pie Coffee, Tea	**Smothered Beef Patty** Mashed Potatoes & Gravy Broccoli Butterscotch Mousse Coffee, Tea	**Chicken Teriyaki** Vegetable fried rice Side Salad Angel Food Cake w/Fruit Coffee, Tea	**Cheese Tortellini wth Alfredo Sauce** Broccoli Soft Roll Peach Crisp Coffee, Tea	**Beef & Mushroom Stroganoff Pot Pie with Biscuit** Whole Green Beans Caramel Vanilla Cake Coffee, Tea
	Alternate *Cod w/ White Sauce* *Roll, Veggies*	**Alternate** *Veggie Orzo Pasta with Tofu* *Breadstick*	**Alternate** *Caesar Chicken Breast* *Green Beans, Roll*	**Alternate** ***1/2 Baked Potatoes with*** *Broccoli Chicken Cheese Sauce*	**Alternate** *Pasta Salad* *and Roll*	**Alternate** *Thyme & Lime Chicken Thigh* *Potato Wedges, Broccoli*	**Alternate** *Citrus Herb Whitefish* *Whole Green Beans*
	Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
DINNER	**Old Fashioned Beef Stew** WW Roll Garden Salad Chocolate Chip Cookie Milk, Coffee, Tea	**Herb Marinated Chicken** Whipped Sweet Potatoes Zucchini Strawberry Ice Cream Milk, Coffee, Tea	**Baked Chicken Breast** Roasted Red Potato w/Gravy Scandinavian Vegetable Jello Milk, Coffee, Tea	**Turkey Tetrazzini** Breadstick Side Salad Brownie Milk, Coffee, Tea	**Cheeseburger** Fries Cole Slaw Oatmeal Raisin Cookie Milk, Coffee, Tea	**Hot Dog on Bun** Tator Tots Side Salad Chocolate Ice Cream Milk, Coffee, Tea	**Chicken Fritter** Potato Wedges Mixed Greens Apple Crisp Milk, Coffee, Tea
	Alternate *Egg Salad Sandwich* *Garden Salad*	**Alternate** *Grilled Cheese* *with Tomato Soup*	**Alternate** *Turkey & Swiss Sandwich* *Carrot & Celery, Veg Soup*	**Alternate** *Tuna Salad Plate* Pita	**Alternate** *Chicken Caesar Salad* *w/ Garlic Toast*	**Alternate** *Vegetable Lasagna* *Roll, Side Salad*	**Alternate** *Turkey Salad Sandwich* *Baked Lays and 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.

B. Minks, RDN