

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Beef Vegetable	Broccoli Cheese	Veg Split Pea	Cr Chx Rice	Clam Chowder	Chicken Noodle

**Week 4 Menu**

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

**For the week of January 10th**

	January 10, 2021	January 11, 2021	January 12, 2021	January 13, 2021	January 14, 2021	January 15, 2021	January 16, 2021
<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	Grape Juice	Orange Juice
	Oatmeal	Cream of Wheat	Malt-O-Meal	Oatmeal	Cream of Rice	Oatmeal	Malt-O-Meal
	Texas French Toast Bacon	Sausage Hashbrown Frittata	Scrambled Eggs Biscuit & Sausage Gravy	Scrambled Eggs w/ Cheese & Tomato Blueberry Muffin	English Muffin Sandwich w/ Egg Round w/Cheese Sausage Patty Fruit	Scrambled Eggs Apple Cinnamon Muffin	Texas French Toast w/ Syrup Sausage Pattiy
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Milk Coffee, Tea	Milk Coffee, Tea	Milk Coffee, Tea	Milk Coffee, Tea	Milk Coffee, Tea	Milk Coffee, Tea	Milk Coffee, Tea	Milk 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>
	<b>Four Cheese Macaroni</b>	<b>Salisbury Steak w/Gravy</b>	<b>Meatloaf with Taco Spice</b>	<b>Sloppy Joe Sandwich</b>	<b>Chicken Tenders</b>	<b>Roasted Ham</b>	<b>Baked Chicken Parmesan</b>
	Steamed Peas & Pearl Onions Green Salad	Garlic Mashed Potatoes  Carrots	Scalloped Potatoes  French Green Beans	Corn  Green Salad	Potato Wedge  Broccoli	Wild Rice Pilaf  Roasted Brussels Sprouts	Rotini Pasta  Italian Vegetables
	Vanilla Ice Cream	Butterscotch Pudding	Chocolate Chip Cookie	Macadamia Cookie	Chocolate Mousse	Apple Cobbler with Biscuit	Peaches
	Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea	Coffee, Tea	Milk, Coffee, Tea	Coffee, Tea
<b>Alternate</b> <i>Mandarin Pork Stir Fry Jasmine Rice, Salad</i>	<b>Alternate</b> <i>Chicken Provencal Garlic Mashed Pot, Carrots</i>	<b>Alternate</b> <i>Turkey &amp; Swiss Sandwich Tomato Soup</i>	<b>Alternate</b> <i>Teriyaki Chicken Veg Fried Rice, Side Salad</i>	<b>Alternate</b> <i>Veggie Burger with Lettuce &amp; Tomato, Broccoli</i>	<b>Alternate</b> <i>Tilapia, Wild Rice Pilaf and Brussels Sprouts</i>	<b>Alternate</b> <i>Loaded Baked Potato Soup w/ Breadstick, Garden Salad</i>	
<b>DINNER</b>	<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>Sweet &amp; Sour Meatballs</b>	<b>Crispy Chicken Sandwich</b>	<b>Fettucini Alfredo</b>	<b>All Beef Hot Dog</b>	<b>Cheese Ravioli w/ Chunky Marinara, Green Beans</b>	<b>Traditional Beef Tacos</b>	<b>Irish Beef Stew</b>
	Brown Rice	Squash Sautee w/ Red Peppers	Zucchini	Fries	Green Beans	Broccoli with lemon	Roll
	Vegetables Blend	Angel Food Cake with Fruit	Jello Salad	Italian Vegetable	Brownie	Lemon Pudding	Side Salad
	Oatmeal Raisin Cookie	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Sugar Cookie
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>Egg Salad Sandwich Side Salad</i>	<b>Alternate</b> <i>Chicken Taco Salad, Corn Bread, Garden Veg Soup</i>	<b>Alternate</b> <i>Baked Cod w/ Cream Sauce 1/2 Baked Potato, Zucchini</i>	<b>Alternate</b> <i>Chicken Caesar Salad Garlic Bread</i>	<b>Alternate</b> <i>Chicken Bruschetta Sandwich</i>	<b>Alternate</b> <i>Baked Pasta Torte Broccoli with Lemon</i>	<b>Alternate</b> <i>Chef Salad w Roll</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.

