

Week 1 Menu

WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus

	July 20, 2021	July 21, 2021	July 22, 2021	July 23, 2021	July 24, 2021	July 25, 2021	July 26, 2021
BREAKFAST	Sunday Breakfast	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	Saturday Breakfast
	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
	Total Cereal	Blintzes	Oatmeal w/ Cran-Orange Compote	Bean, Rice & Egg Breakfast Bowl	Potato Vegetable Skillet	Cinnamon French Toast Banana Foster Sauce	Cheesy Scrambled Eggs
	Scrambled Eggs Sauteed Breakfast Potatoes Bacon Banana	Scrambled Eggs Sausage Link	Denver Scramble Potato Hash	Fruit Cup	Sausage Link Banana	Scrambled Eggs Pork Bacon	Sauteed Breakfast Potatoes Sausage Link Fruit Cup
Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	
LUNCH	Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
	Beef Pot Roast	Chicken Breast Marsala	Meatloaf	Roasted Pork Loin	Roasted Turkey	Beef Stroganoff	Chicken Pot Pie
	Mashed Potatoes	Garlic & Herb Roasted Potatoes	Mashed Potatoes	Tomato, Spinach, Brown Rice	Mashed Potatoes	Egg Noodles	Fresh Steamed Broccoli
	Carrots with Herbs	Sheet Pan Ratatouille	Steamed Broccoli	Carrots w/ Ginger	Seasoned Green Beans	Carmelized Carrots	Brownie & Strawberry Delight
Cookies Mousse	Orange Creamsicle Gelatin	Banana Parfait	Cinnamon Apples	Brownie	Blueberry Crisp		
Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	
Alternate <i>Chicken Salad on WW Tomato Soup</i>	Alternate <i>PB, Almond, & Apple Wrap Minestrone Soup</i>	Alternate <i>Chef Salad Chicken Rice Soup</i>	Alternate <i>Chicken Caesar Salad Chunky Potato Soup</i>	Alternate <i>BBQ Chicken Salad Broccoli Cheddar Soup</i>	Alternate <i>Greek Salad w/ Chicken Italian Wedding Soup</i>	Alternate <i>Chef Salad Chicken Noodle Soup</i>	
DINNER	Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
	Apricot BBQ Pork Chop	Italian Meatballs	17 Spice Grill Chicken	Hot Beef Sandwich	Chicken Breast Parmesan	Chicken Tinga Bowl	Lasagna Roll Up w/ Marinara
	Seasoned Green Beans Cauliflower Mac & Cheese	WW Penne Pasta Vegan Marinara Sauce Dinner Roll	Honey Mustard Sauce Macaroni & Cheese	Mashed Cauliflower Potatoes	WW Penne Pasta Dinner Roll Zucchini w/ Tomato	Pineapple	Sheet Pan Ratatouille Dinner Roll
	Fruit Cup	Garden Side Salad Pineapple Brownie	Balsamic Brussel Sprouts Red Seedless Grapes Chocolate Chip Cookie	Garden Side Salad Banana Ultimate Double Brownie	Fruit Cup Sugar Cookie	Orange Creamsicle Gelatin	Red Seedless Grapes Chocolate Ice Cream
Angel Food Cake w/ Whip Topping Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	
Alternate <i>Turkey & Swiss Sandwich Tomato Soup</i>	Alternate <i>Greek Salad w/ Chicken Minestrone Soup</i>	Alternate <i>Tuna Salad on WW Chicken Rice Soup</i>	Alternate <i>Chicken, Egg, Tuna Salad Chunky Potato Soup</i>	Alternate <i>Turkey & Swiss Sandwich Broccoli Cheddar Soup</i>	Alternate <i>Tuna Salad Sandwich on WW Italian Wedding Soup</i>	Alternate <i>Chicken Salad on WW Chicken Noodle Soup</i>	

Alicia L. RT

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.