

# Week 3 Menu

## WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus

September 12, 2021

September 13, 2021

September 14, 2021

September 15, 2021

September 16, 2021

September 17, 2021

September 18, 2021

	Sunday Breakfast	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	Saturday Breakfast
<b>BREAKFAST</b>	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
	Scrambled Egg Banana Pancakes	Scrambled Eggs Mild Picante Salsa	Scrambled Egg Oatmeal with Berries Seasoned Hash Browns	Potato Vegetable Skillet Mild Picante Salsa	Egg & Cheese Biscuit Sandwich	Scrambled Eggs Cinnamon French Toast Turkey Sausage Link	Scrambled Eggs w/ Cheese Sweet Potato Hash Blueberry Muffin Banana
	Turkey Sausage Links	Sauteed Breakfast Potatoes Mandarin Orange Sections	Applesauce	Total Cereal Diced Peaches	Potatoes O'Brien Mild Picante Salsa	Total Cereal	Milk Coffee
	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Banana Milk Coffee	Milk Coffee	Milk Coffee
	Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
<b>LUNCH</b>	<b>Baked Ziti w/ Cheese Meat Sauce</b>	<b>Sloppy Joe</b>	<b>Baked Chicken</b>	<b>Lasagna Roll Up w/ Marinara</b>	<b>Braised Beef Spanish Style</b>	<b>Chicken Pot Pie</b>	<b>17 Spice Grill Chicken Honey Mustard Sauce</b>
	Fresh Steamed Broccoli Dinner Roll Orange Angel Food Cake w/ Whip Topping Milk, Tea	Garlic Herb Roasted Potatoes Coleslaw Diced Pears Carrot Cake w/ Walnuts Milk, Tea	Macaroni and Cheese Sauteed Zucchini Red Seedless Grapes Cookie Mousse Milk, Tea	Sheet Pan Ratatouille Dinner Roll Fruit Cup Chocolate Chip Cookie Milk, Tea	Brown Rice Sauteed Tomatoes with Kale Red Seedless Grapes Sugar Cookie Milk, Tea	Sauteed Zucchini and Squash Pineapple Banana Parfait Milk, Tea	Maple Mashed Sweet Potatoes Creamed Spinach Dinner Roll Pineapple Oatmeal Raisin Cookie Milk, Tea
	<b>Alternate</b> <i>Hot Turkey Sandwich Tomato Soup</i>	<b>Alternate</b> <i>Grilled Chicken Caesar Wrap Chicken Rice Soup</i>	<b>Alternate</b> <i>Asian Chicken Salad Minestrone Soup</i>	<b>Alternate</b> <i>Chicken, Egg, Tuna Salads Chicken Noodle Soup</i>	<b>Alternate</b> <i>Turkey &amp; Swiss Sandwich Chunky Potato Soup</i>	<b>Alternate</b> <i>Tuna Salad Sandwich on WW Vegetable Rice Soup</i>	<b>Alternate</b> <i>Turkey Wrap Broccoli Cheddar Soup</i>
	Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
<b>DINNER</b>	<b>Braised Beef w/ Gravy</b>	<b>Chicken Tinga Bowl</b>	<b>Beef Stroganoff</b>	<b>Teriyaki Chicken</b>	<b>Roast Turkey Breast</b>	<b>Dijon Herb Crusted Fish</b>	<b>Hamburger Lettuce &amp; Tomato</b>
	Mashed Potatoes Seasoned Green Beans Banana Sugar Cookie Milk, Tea	Red Seedless Grapes Brownie Milk, Tea	Egg Noodles Fresh Steamed Broccoli Dinner Roll Fruit Cup Vanilla Ice Cream Milk, Tea	Brown Fried Rice Carrots with Ginger Pineapple Angel Food Cake w/ Whipped Topping Milk, Tea	Mashed Potatoes Seasoned Green Beans Mandarin Orange Sections Vanilla Ice Cream Cup Milk, Tea	Lemon Orzo Sauteed Vegetable Medley Red Seedless Grapes Brownies Milk, Tea	Garlic Herb Roasted Potatoes Carrot Sticks Fruit Cup Chocolate Ice Cream Milk, Tea
	<b>Alternate</b> <i>Tuna Salad Sandwich on WW Tomato Soup</i>	<b>Alternate</b> <i>Patty Melt Chicken Rice Soup</i>	<b>Alternate</b> <i>Santa Fe Turkey Wrap Minestrone Soup</i>	<b>Alternate</b> <i>Dijon Roast Beef on WW Chicken Noodle Soup</i>	<b>Alternate</b> <i>Chef Salad Chunky Potato Soup</i>	<b>Alternate</b> <i>Greek Salad w/ Chicken Vegetable Rice Soup</i>	<b>Alternate</b> <i>Almond Chicken Salad Broccoli Cheddar Soup</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.