

# Week 1 Menu

## WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus

	October 10, 2021	October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021	October 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>
	Choice of Juice Total Cereal Scrambled Eggs Sauteed Breakfast Potatoes Bacon Banana Milk Coffee	Choice of Juice Blintzes Scrambled Eggs Sausage Link Milk Coffee	Choice of Juice Oatmeal w/ Cran-Orange Compote Denver Scramble Potato Hash Milk Coffee	Choice of Juice Bean, Rice & Egg Breakfast Bowl Fruit Cup Milk Coffee	Choice of Juice Potato Vegetable Skillet Sausage Link Banana Milk Coffee	Choice of Juice Cinnamon French Toast Banana Foster Sauce Scrambled Eggs Pork Bacon Milk Coffee	Choice of Juice Cheesy Scrambled Eggs Sauteed Breakfast Potatoes Sausage Link Fruit Cup Milk Coffee
<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>
	Beef Pot Roast Mashed Potatoes Carrots with Herbs Cookies Mousse Milk, Tea	Chicken Breast Marsala Garlic & Herb Roasted Potatoes Sheet Pan Ratatouille Orange Creamsicle Gelatin Milk, Tea	Meatloaf Mashed Potatoes Steamed Broccoli Banana Parfait Milk, Tea	Oven Baked Salmon Tomato, Spinach, Brown Rice Carrots w/ Ginger Cinnamon Apples Milk, Tea	Roasted Turkey Mashed Potatoes Seasoned Green Beans Brownie Milk, Tea	Beef Stroganoff Egg Noodles Carmelized Carrots Blueberry Crisp Milk, Tea	Chicken Pot Pie Fresh Steamed Broccoli Brownie & Strawberry Delight Milk, Tea
	<b>Alternate</b> Chicken Salad on WW Tomato Soup	<b>Alternate</b> PB, Almond, & Apple Wrap Minestrone Soup	<b>Alternate</b> Chef Salad Chicken Rice Soup	<b>Alternate</b> Chicken Caesar Salad Chunky Potato Soup	<b>Alternate</b> BBQ Chicken Salad Broccoli Cheddar Soup	<b>Alternate</b> Greek Salad w/ Chicken Italian Wedding Soup	<b>Alternate</b> Chef Salad Chicken Noodle Soup
	<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>
Chicken with 17 herb spice Seasoned Green Beans Cauliflower Mac & Cheese Fruit Cup Angel Food Cake w/ Whip Topping Milk, Tea	Italian Meatballs WW Penne Pasta Vegan Marinara Sauce Dinner Roll Garden Side Salad Pineapple Brownie Milk, Tea	17 Spice Grill Chicken Honey Mustard Sauce Macaroni & Cheese Balsamic Brussel Sprouts Red Seedless Grapes Chocolate Chip Cookie Milk, Tea	Hot Beef Sandwich Mashed Cauliflower Potatoes Garden Side Salad Banana Ultimate Double Brownie Milk, Tea	Chicken Breast Parmesan WW Penne Pasta Dinner Roll Zucchini w/ Tomato Fruit Cup Sugar Cookie Milk, Tea	Chicken Tinga Bowl Pineapple Orange Creamsicle Gelatin Milk, Tea	Lasagna Roll Up w/ Marinara Sheet Pan Ratatouille Dinner Roll Red Seedless Grapes Chocolate Ice Cream Milk, Tea	
<b>Alternate</b> Turkey & Swiss Sandwich Tomato Soup	<b>Alternate</b> Greek Salad w/ Chicken Minestrone Soup	<b>Alternate</b> Tuna Salad on WW Chicken Rice Soup	<b>Alternate</b> Chicken, Egg, Tuna Salad Chunky Potato Soup	<b>Alternate</b> Turkey & Swiss Sandwich Broccoli Cheddar Soup	<b>Alternate</b> Tuna Salad Sandwich on WW Italian Wedding Soup	<b>Alternate</b> Chicken Salad on WW Chicken Noodle 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.

