

Week 2 Menu

WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus

| | May 15, 2022 | May 16, 2022 | May 17, 2022 | May 18, 2022 | May 19, 2022 | May 20, 2022 | May 21, 2022 |
|------------------|---|---|---|---|--|---|---|
| BREAKFAST | Sunday Breakfast | Monday Breakfast | Tuesday Breakfast | Wednesday Breakfast | Thursday Breakfast | Friday Breakfast | Saturday Breakfast |
| | Choice of Juice Blueberry Pancakes Scrambled Eggs Turkey Sausage Link Milk Coffee | Choice of Juice Egg & Cheese on Wheat Muffin Sauteed Breakfast Potatoes Total Cereal Pears Milk Coffee | Choice of Juice Scrambled Egg Crispy Hashbrown Maple Apple Oatmeal Milk Coffee | Choice of Juice Scrambled Eggs Biscuit with Gravy Banana Milk Coffee | Choice of Juice Denver Scramble Sauteed Breakfast Potatoes Orange Cranberry Muffin Total Cereal Diced Pears Milk Coffee | Choice of Juice Scrambled Eggs Waffles w/ Blueberry Compote Turkey Sausage Links Milk Coffee | Choice of Juice Potato Vegetable Skillet Blueberry Muffin Pineapple Milk Coffee |
| LUNCH | Sunday Lunch | Monday Lunch | Tuesday Lunch | Wednesday Lunch | Thursday Lunch | Friday Lunch | Saturday Lunch |
| | Beef Pot Roast Sauteed Spinach Mashed Potatoes Mandarin Orange Sections Carrot Cake w/ Walnuts Milk, Tea | Baked Chicken Mashed Sweet Potatoes Seasoned Green Beans Applesauce w/ Cinnamon Brownie Milk, Tea | Hot Turkey Sandwich Zucchini w/ Tomato Mash Potatoes Red Seedless Grapes Blueberry Crisp Milk, Tea | Honey Lime Chicken Brown Rice Carrots with Herbs Dinner Roll Diced Peaches Banana Parfait Milk, Tea | Hamburger Lettuce & Tomato Garlic & Herb Roasted Potatoes Garden Green Salad Banana Carrot Cake w/ Walnuts Milk, Tea | Sweet N' Sour Chicken White Rice Steamed Broccoli Pineapple Brownie Milk, Tea | Beef Pot Roast w/ Gravy Potato Wedge Carrots with Herbs Applesauce with Cinnamon Chocolate Chip Cookie Milk, Tea |
| | Alternate <i>Chicken Salad on WW</i> <i>Tomato Soup</i> | Alternate <i>Turkey Burger on Bun</i> <i>Chicken Rice Soup</i> | Alternate <i>Egg Salad Sandwich</i> <i>Minestrone Soup</i> | Alternate <i>Turkey & Swiss Sandwich</i> <i>Chicken Noodle Soup</i> | Alternate <i>Caesar Salad with Chicken</i> <i>Chunky Potato Soup</i> | Alternate <i>Turkey Cobb Salad</i> <i>Vegetable Rice Soup</i> | Alternate <i>Almond Grape Chic Salad</i> <i>Broccoli Cheddar Soup</i> |
| DINNER | Sunday Dinner | Monday Dinner | Tuesday Dinner | Wednesday Dinner | Thursday Dinner | Friday Dinner | Saturday Dinner |
| | Roasted Pork Loin Macaroni and Cheese Zucchini w/ Tomato Dinner Roll Red Seedless Grapes Sugar Cookie Milk, Tea | Latin Braised Beef Latin Black Beans Tomato, Spinach, Brown Rice Roasted Tomatoes Diced Peached Vanilla Ice Cream Milk, Tea | Chicken Alfredo Fresh Steamed Broccoli Fruit Cup Angel Food Cake w/ Whip Topping Milk, Tea | Meatloaf Mashed Potatoes Sheet Pan Ratatouille Dinner Roll Mandarin Oranges Oatmeal Raisin Cookie Milk, Tea | Roasted Turkey Mashed Potatoes Seasoned Green Beans Dinner Roll Red Seedless Grapes Cinnamon Apples Milk, Tea | Broiled Salmon Lemon Orzo Sauteed Vegetable Medley Fruit Cup Vanilla Ice Cream Milk, Tea | Turkey ala King Fresh Steamed Broccoli Dinner Roll Angel Food Cake w/ Whipped Topping Milk, Tea |
| | Alternate <i>Spinach Salad w/ Turkey</i> <i>Tomato Soup</i> | Alternate <i>Greek Salad w/ Chicken</i> <i>Chicken Rice Soup</i> | Alternate <i>Dijon Roast Beef on Wheat</i> <i>Minestrone Soup</i> | Alternate <i>Grilled Cheese Sandwich</i> <i>Tomato Soup</i> | Alternate <i>Tuna Salad on WW</i> <i>Chunky Potato Soup</i> | Alternate <i>Chef Salad</i> <i>Vegetable Rice Soup</i> | Alternate <i>BBQ Chicken Salad</i> <i>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.