

Week 3 Menu

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

	July 24, 2022	July 25, 2022	July 26, 2022	July 27, 2022	July 28, 2022	July 29, 2022	July 30, 2022
BREAKFAST	Sunday Breakfast Choice of Juice Scrambled Egg Banana Pancakes Turkey Sausage Links Milk Coffee	Monday Breakfast Choice of Juice Scrambled Eggs Mild Picante Salsa Sauteed Breakfast Potatoes Mandarin Orange Sections Milk Coffee	Tuesday Breakfast Choice of Juice Scrambled Egg Oatmeal with Berries Seasoned Hash Browns Applesauce Milk Coffee	Wednesday Breakfast Choice of Juice Potato Vegetable Skillet Mild Picante Salsa Total Cereal Diced Peaches Milk Coffee	Thursday Breakfast Choice of Juice Egg & Cheese Biscuit Sandwich Potatoes O'Brien Mild Picante Salsa Banana Milk Coffee	Friday Breakfast Choice of Juice Scrambled Eggs Cinnamon French Toast Turkey Sausage Link Total Cereal Milk Coffee	Saturday Breakfast Choice of Juice Scrambled Eggs w/ Cheese Sweet Potato Hash Blueberry Muffin Banana Coffee
	Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
LUNCH	Baked Ziti w/ Cheese Meat Sauce Fresh Steamed Broccoli Dinner Roll Orange Angel Food Cake w/ Whip Topping Milk, Tea	Sloppy Joe Garlic Herb Roasted Potatoes Coleslaw Diced Pears Carrot Cake w/ Walnuts Milk, Tea	Baked Chicken Macaroni and Cheese Sauteed Zucchini Red Seedless Grapes Cookie Mousse Milk, Tea	Lasagna Roll-up w/ Marinara Sheet Pan Ratatouille Dinner Roll Fruit Cup Chocolate Chip Cookie Milk, Tea	Braised Beef Spanish Style Brown Rice Sauteed Tomatoes with Kale Red Seedless Grapes Sugar Cookie Milk, Tea	Chicken Pot Pie Sauteed Zucchini and Squash Pineapple Banana Parfait Milk, Tea	17 Spice Grill Chicken Honey Mustard Sauce Maple Mashed Sweet Potatoes Creamed Spinach Dinner Roll Fruit Cup Chocolate Ice Cream Milk, Tea
	Alternate <i>Hot Turkey Sandwich Tomato Soup</i>	Alternate <i>Grilled Chicken Caesar Wrap Chicken Rice Soup</i>	Alternate <i>Asian Chicken Salad Minestrone Soup</i>	Alternate <i>Egg Salad on Spring Greens Chicken Noodle Soup</i>	Alternate <i>Turkey & Swiss Sandwich Chunky Potato Soup</i>	Alternate <i>Tuna Salad Sandwich on WW Vegetable Rice Soup</i>	Alternate <i>Almond Chicken Salad Broccoli Cheddar Soup</i>
DINNER	Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
	Pork Loin Mashed Potatoes Seasoned Green Beans Banana Sugar Cookie Milk, Tea	Chicken Tinga Bowl Red Seedless Grapes Brownie Milk, Tea	Beef Stroganoff Egg Noodles Fresh Steamed Broccoli Dinner Roll Fruit Cup Vanilla Ice Cream Milk, Tea	Teriyaki Chicken Brown Fried Rice Carrots with Ginger Pineapple Angel Food Cake w/ Whipped Topping Milk, Tea	Roast Turkey Breast Mashed Potatoes Seasoned Green Beans Mandarin Orange Sections Vanilla Ice Cream Cup Milk, Tea	Dijon Herb Crusted Fish Lemon Orzo Sauteed Vegetable Medley Red Seedless Grapes Brownies Milk, Tea	Hamburger Lettuce & Tomato Garlic Herb Roasted Potatoes Carrot Sticks Pineapple Oatmeal Raisin Cookie Milk, Tea
Alternate <i>Tuna Salad Sandwich on WW Tomato Soup</i>	Alternate <i>Patty Melt Chicken Rice Soup</i>	Alternate <i>Santa Fe Turkey Wrap Minestrone Soup</i>	Alternate <i>Dijon Roast Beef on WW Chicken Noodle Soup</i>	Alternate <i>Chef Salad Chunky Potato Soup</i>	Alternate <i>Greek Salad w/ Chicken Vegetable Rice Soup</i>	Alternate <i>Turkey Wrap 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.

Week 1 Menu

WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus

	July 31, 2022	August 1, 2022	August 2, 2022	August 3, 2022	August 4, 2022	August 5, 2022	August 6, 2022
BREAKFAST	Sunday Breakfast	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	Saturday Breakfast
	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 Hashbrown Potatoes 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
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	Roast Turkey Breast	Beef Stroganoff	Chicken Pot Pie
	Mashed Potatoes Carrots with Herbs Cookies Mousse Milk, Tea	Garlic & Herb Roasted Potatoes Sheet Pan Ratatouille Orange Creamsicle Gelatin Milk, Tea	Mashed Potatoes Steamed Broccoli Banana Parfait Milk, Tea	Tomato, Spinach, Brown Rice Carrots w/ Ginger Cinnamon Apples Milk, Tea	Mashed Potato w/Gravy Seasoned Green Beans Brownie Milk, Tea	Egg Noodles Carmelized Carrots Blueberry Crisp Milk, Tea	Fresh Steamed Broccoli Brownie & Strawberry Delight 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
	Grilled Chicken Breast	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 Fruit Cup Angel Food Cake w/ Whip Topping Milk, Tea	WW Penne Pasta Vegan Marinara Sauce Dinner Roll Garden Side Salad Pineapple Brownie Milk, Tea	Honey Mustard Sauce Macaroni & Cheese Balsamic Brussel Sprouts Red Seedless Grapes Chocolate Chip Cookie Milk, Tea	Mashed Cauliflower Potatoes Garden Side Salad Banana Ultimate Double Brownie Milk, Tea	WW Penne Pasta Dinner Roll Zucchini w/ Tomato Fruit Cup Sugar Cookie Milk, Tea	Pineapple Orange Creamsicle Gelatin Milk, Tea	Sheet Pan Ratatouille Dinner Roll Red Seedless Grapes Chocolate Ice Cream 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>Egg Salad Sandwich, Wheat 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>	

Name: _____

Room #: _____

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