

# Week 1 Menu

## WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus (updated 8/12/2022)

	September 11, 2022	September 12, 2022	September 13, 2022	September 14, 2022	September 15, 2022	September 16, 2022	September 17, 2022
<b>BREAKFAST</b>	<b>Sunday Breakfast</b> Choice of Juice  Total Cereal  Scrambled Eggs Sautéed Breakfast Potatoes Bacon Banana  Milk Coffee	<b>Monday Breakfast</b> Choice of Juice  Blintzes  Scrambled Eggs  Sausage Link  Milk Coffee	<b>Tuesday Breakfast</b> Choice of Juice  Oatmeal w/ Cran-Orange Compote  Denver Scramble  Potato Hash  Milk Coffee	<b>Wednesday Breakfast</b> Choice of Juice  Bean, Rice & Egg Breakfast Bowl  Hashbrown Potatoes  Fruit Cup  Milk Coffee	<b>Thursday Breakfast</b> Choice of Juice  Potato Vegetable Skillet  Sausage Link  Banana  Milk Coffee	<b>Friday Breakfast</b> Choice of Juice  Cinnamon French Toast Banana Foster Sauce  Scrambled Eggs Pork Bacon  Milk Coffee	<b>Saturday Breakfast</b> Choice of Juice  Cheesy Scrambled Eggs  Sautéed Breakfast Potatoes Sausage Link  Fruit Cup  Milk Coffee
	<b>Alternate</b> bacon, sausage link <i>pancakes</i> <i>breakfast potatoes</i> <i>scrambled eggs</i>	<b>Alternate</b> bacon, sausage link <i>pancakes</i> <i>breakfast potatoes</i> <i>scrambled eggs</i>	<b>Alternate</b> bacon, sausage link <i>pancakes</i> <i>breakfast potatoes</i> <i>scrambled eggs</i>	<b>Alternate</b> bacon, sausage link <i>pancakes</i> <i>breakfast potatoes</i> <i>scrambled eggs</i>	<b>Alternate</b> bacon, sausage link <i>pancakes</i> <i>breakfast potatoes</i> <i>scrambled eggs</i>	<b>Alternate</b> bacon, sausage link <i>pancakes</i> <i>breakfast potatoes</i> <i>scrambled eggs</i>	<b>Alternate</b> bacon, sausage link <i>pancakes</i> <i>breakfast potatoes</i> <i>scrambled eggs</i>
	<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>
<b>LUNCH</b>	<b>Beef Pot Roast</b>  Mashed Potatoes  Carrots with Herbs  Cookies Mousse  Milk, Tea	<b>Chicken Breast Marsala</b>  Garlic & Herb Roasted Potatoes Sheet Pan Ratatouille  Orange Creamsicle Gelatin  Milk, Tea	<b>Meatloaf</b>  Mashed Potatoes  Steamed Broccoli  Banana Parfait  Milk, Tea	<b>Roasted Pork Loin</b>  Tomato, Spinach, Brown Rice  Carrots w/ Ginger  Cinnamon Apples  Milk, Tea	<b>Roast Turkey Breast</b>  <b>Mashed Potato w/Gravy</b> <b>Seasoned Green Beans</b>  <b>Brownie</b>  Milk, Tea	<b>Beef Stroganoff</b>  Egg Noodles  Carmelized Carrots  Blueberry Crisp  Milk, Tea	<b>Chicken Pot Pie</b>  Fresh Steamed Broccoli    Brownie & Strawberry Delight  Milk, Tea
	<b>Alternate</b> <i>Chicken Salad on WW</i> <i>Tomato Soup</i>	<b>Alternate</b> <i>PB, Almond, &amp; Apple Wrap</i> <i>Minestrone Soup</i>	<b>Alternate</b> <i>Chef Salad</i> <i>Chicken Rice Soup</i>	<b>Alternate</b> <i>Chicken Caesar Salad</i> <i>Chunky Potato Soup</i>	<b>Alternate</b> <i>BBQ Chicken Salad</i> <i>Broccoli Cheddar Soup</i>	<b>Alternate</b> <i>Greek Salad w/ Chicken</i> <i>Italian Wedding Soup</i>	<b>Alternate</b> <i>Chef Salad</i> <i>Chicken Noodle Soup</i>
	<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>
<b>DINNER</b>	<b>Grilled Chicken Breast</b> Seasoned Green Beans Cauliflower Mac & Cheese  Fruit Cup  Angel Food Cake w/ Whip Topping Milk, Tea	<b>Italian Meatballs</b> WW Penne Pasta Vegan Marinara Sauce Dinner Roll Garden Side Salad Pineapple Brownie  Milk, Tea	<b>17 Spice Grill Chicken</b> <b>Honey Mustard Sauce</b> Macaroni & Cheese  Balsamic Brussel Sprouts Red Seedless Grapes Chocolate Chip Cookie  Milk, Tea	<b>Hot Beef Sandwich</b>  Mashed Cauliflower Potatoes  Garden Side Salad Banana Ultimate Double Brownie  Milk, Tea	<b>Chicken Breast Parmesan</b> WW Penne Pasta Dinner Roll Zucchini w/ Tomato  Fruit Cup Sugar Cookie  Milk, Tea	<b>Chicken Tinga Bowl</b>  Pineapple  Orange Creamsicle Gelatin  Milk, Tea	<b>Lasagna Roll Up w/ Marinara</b>  Sheet Pan Ratatouille Dinner Roll Red Seedless Grapes Chocolate Ice Cream  Milk, Tea
	<b>Alternate</b> <i>Turkey &amp; Swiss Sandwich</i> <i>Tomato Soup</i>	<b>Alternate</b> <i>Greek Salad w/ Chicken</i> <i>Minestrone Soup</i>	<b>Alternate</b> <i>Tuna Salad on WW</i> <i>Chicken Rice Soup</i>	<b>Alternate</b> <i>Egg Salad Sandwich, Wheat</i> <i>Chunky Potato Soup</i>	<b>Alternate</b> <i>Turkey &amp; Swiss Sandwich</i> <i>Broccoli Cheddar Soup</i>	<b>Alternate</b> <i>Tuna Salad Sandwich on WW</i> <i>Italian Wedding Soup</i>	<b>Alternate</b> <i>Chicken Salad on WW</i> <i>Chicken Noodle 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.