

# Week 2 Menu

## WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus (updated 9/30/2022)

	April 28, 2024	April 29, 2024	April 30, 2024	May 1, 2024	May 2, 2024	May 3, 2024	May 4, 2024
<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  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
	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) or sausage (2)
<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>
	<b>Beef Pot Roast</b>  Sauteed Spinach Mashed Potatoes  Mandarin Orange Sections  Carrot Cake w/ Walnuts Milk, Tea	<b>Baked Chicken</b>  Mashed Sweet Potatoes Seasoned Green Beans  Applesauce w/ Cinnamon  Brownie Milk, Tea	<b>Hot Turkey Sandwich</b>  Zucchini w/ Tomato Mash Potatoes  Red Seedless Grapes  Blueberry Crisp Milk, Tea	<b>Honey Lime Chicken</b>  Brown Rice Carrots with Herbs Dinner Roll Diced Peaches  Banana Parfait Milk, Tea	<b>Cheeseburger</b> Lettuce & Tomato  Garlic & Herb Roasted Potatoes  Garden Green Salad Banana Carrot Cake w/ Walnuts Milk, Tea	<b>Sweet N' Sour Chicken</b>  White Rice  Steamed Broccoli  Pineapple Brownie Milk, Tea	<b>Beef Pot Roast w/ Gravy</b>  Potato Wedge  Carrots with Herbs  Applesauce with Cinnamon Chocolate Chip Cookie Milk, Tea
	<b>Alternate</b> <i>Chicken Salad on WW</i> Tomato Soup	<b>Alternate</b> <i>Turkey Burger on Bun</i> Chicken Rice Soup	<b>Alternate</b> <i>Trio salad (egg, chicken, tuna)</i> Minestrone Soup	<b>Alternate</b> <i>Turkey &amp; Swiss Sandwich</i> Chicken Noodle Soup	<b>Alternate</b> <i>Caesar Salad with Chicken</i> Chunky Potato Soup	<b>Alternate</b> <i>Turkey Cobb Salad</i> Vegetable Rice Soup	<b>Alternate</b> <i>Almond Grape Chic Salad</i> Broccoli Cheddar Soup
<b>DINNER</b>	<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>Roasted Pork Loin</b>  Macaroni and Cheese Zucchini w/ Tomato  Dinner Roll Red Seedless Grapes Sugar Cookie Milk, Tea	<b>Latin Braised Beef</b>  Latin Black Beans Tomato, Spinach, Brown Rice Roasted Tomatoes  Diced Peached Vanilla Ice Cream Milk, Tea	<b>Chicken Alfredo</b>  Fresh Steamed Broccoli  Fruit Cup  Angel Food Cake w/ Whip Topping Milk, Tea	<b>Meatloaf</b>  Mashed Potatoes Sheet Pan Ratatouille Dinner Roll  Mandarin Oranges Oatmeal Raisin Cookie Milk, Tea	<b>Roasted Turkey</b>  Mashed Potatoes Seasoned Green Beans Dinner Roll  Red Seedless Grapes Cinnamon Apples Milk, Tea	<b>Broiled Salmon</b>  Lemon Orzo  Sauteed Vegetable Medley  Fruit Cup Vanilla Ice Cream Milk, Tea	<b>Turkey ala King</b>  Fresh Steamed Broccoli  Dinner Roll  Angel Food Cake w/ Whipped Topping Milk, Tea
	<b>Alternate</b> <i>Spinach Salad w/ Turkey</i> Tomato Soup	<b>Alternate</b> <i>Greek Salad w/ Chicken</i> Chicken Rice Soup	<b>Alternate</b> <i>Dijon Roast Beef on Wheat</i> Minestrone Soup	<b>Alternate</b> <i>Egg Salad Sandwich on WW</i> Chicken Noodle Soup	<b>Alternate</b> <i>Tuna Salad on WW</i> Chunky Potato Soup	<b>Alternate</b> <i>Chef Salad</i> Vegetable Rice Soup	<b>Alternate</b> <i>BBQ Chicken Salad</i> Broccoli Cheddar 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.