

# Week 1 Menu

## WEEK AT A GLANCE MENU

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

	April 21, 2024	April 21, 2024	April 23, 2024	April 24, 2024	April 25, 2024	April 26, 2024	April 27, 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  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  Egg, Bacon, Cheddar, Sandwich  Breakfast Potatoes Fruit Cup Raisin Bran Cereal Bowl  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>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>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>  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>  Mashed Potato w/Gravy <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> 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>	
<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</b> <b>w/ Marinara</b>  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> Trio salad (egg, chicken, tuna) 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.