

# Week 2 Menu

## WEEK AT A GLANCE MENU

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

|                  | December 15, 2024   | December 16, 2024   | December 17, 2024   | December 18, 2024   | December 19, 2024  | December 20, 2024   | December 21, 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<br>Blueberry Pancakes<br>Scrambled Eggs<br>Turkey Sausage Link<br>Milk<br>Coffee                                  | Choice of Juice<br>Egg & Cheese on Wheat Muffin<br>Sauteed Breakfast Potatoes<br>Total Cereal<br>Pears<br>Milk<br>Coffee                      | Choice of Juice<br>Scrambled Egg<br>Crispy Hashbrown<br>Maple Apple Oatmeal<br>Milk<br>Coffee                     | Choice of Juice<br>Scrambled Eggs<br>Biscuit with Gravy<br>Banana<br>Milk<br>Coffee   | Choice of Juice<br>Denver Scramble<br>Sauteed Breakfast Potatoes<br>Orange Cranberry Muffin<br>Total Cereal<br>Diced Pears<br>Milk<br>Coffee | Choice of Juice<br>Scrambled Eggs<br>Waffles w/ Blueberry Compote<br>Turkey Sausage Links<br>Milk<br>Coffee | Choice of Juice<br>Potato Vegetable Skillet<br>Blueberry Muffin<br>Pineapple<br>Milk<br>Coffee                                  |
|                  | <b>Alternate</b><br>pancakes (2)<br>bacon (2) <i>or</i> sausage (2)   | <b>Alternate</b><br>pancakes (2)<br>bacon (2) <i>or</i> sausage (2)   | <b>Alternate</b><br>pancakes (2)<br>bacon (2) <i>or</i> sausage (2)   | <b>Alternate</b><br>pancakes (2)<br>bacon (2) <i>or</i> sausage (2)   | <b>Alternate</b><br>pancakes (2)<br>bacon (2) <i>or</i> sausage (2)  | <b>Alternate</b><br>pancakes (2)<br>bacon (2) <i>or</i> sausage (2)   | <b>Alternate</b><br>pancakes (2)<br>bacon (2) <i>or</i> 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>   |
|                  | Beef Pot Roast<br>Sauteed Spinach<br>Mashed Potatoes<br>Mandarin Orange Sections<br>Carrot Cake w/ Walnuts<br>Milk, Tea           | Baked Chicken<br>Mashed Sweet Potatoes<br>Seasoned Green Beans<br>Applesauce w/ Cinnamon<br>Brownie<br>Milk, Tea                              | Hot Turkey Sandwich<br>Zucchini w/ Tomato<br>Mash Potatoes<br>Red Seedless Grapes<br>Blueberry Crisp<br>Milk, Tea | Honey Lime Chicken<br>Brown Rice<br>Carrots with Herbs<br>Dinner Roll<br>Diced Peaches<br>Banana Parfait<br>Milk, Tea         | Cheeseburger<br>Lettuce & Tomato<br>Garlic & Herb Roasted Potatoes<br>Garden Green Salad<br>Banana<br>Carrot Cake w/ Walnuts<br>Milk, Tea    | Sweet N' Sour Chicken<br>White Rice<br>Steamed Broccoli<br>Pineapple<br>Brownie<br>Milk, Tea                | Beef Pot Roast w/ Gravy<br>Potato Wedge<br>Carrots with Herbs<br>Applesauce with Cinnamon<br>Chocolate Chip Cookie<br>Milk, Tea |
|                  | <b>Alternate</b><br>Chicken Salad on WW<br>Tomato Soup  | <b>Alternate</b><br>Turkey Burger on Bun<br>Chicken Rice Soup   | <b>Alternate</b><br>Trio salad (egg, chicken, tuna)<br>Minestrone Soup  | <b>Alternate</b><br>Turkey & Swiss Sandwich<br>Chicken Noodle Soup  | <b>Alternate</b><br>Caesar Salad with Chicken<br>Chunky Potato Soup  | <b>Alternate</b><br>Turkey Cobb Salad<br>Vegetable Rice Soup  | <b>Alternate</b><br>Almond Grape Chic Salad<br>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>  |
|                  | Roasted Pork Loin<br>Macaroni and Cheese<br>Zucchini w/ Tomato<br>Dinner Roll<br>Red Seedless Grapes<br>Sugar Cookie<br>Milk, Tea | Latin Braised Beef<br>Latin Black Beans<br>Tomato, Spinach, Brown Rice<br>Roasted Tomatoes<br>Diced Peached<br>Vanilla Ice Cream<br>Milk, Tea | Chicken Alfredo<br>Fresh Steamed Broccoli<br>Fruit Cup<br>Angel Food Cake<br>w/ Whip Topping<br>Milk, Tea         | Meatloaf<br>Mashed Potatoes<br>Sheet Pan Ratatouille<br>Dinner Roll<br>Mandarin Oranges<br>Oatmeal Raisin Cookie<br>Milk, Tea | Roasted Turkey<br>Mashed Potatoes<br>Seasoned Green Beans<br>Dinner Roll<br>Red Seedless Grapes<br>Cinnamon Apples<br>Milk, Tea              | Broiled Salmon<br>Lemon Orzo<br>Sauteed Vegetable Medley<br>Fruit Cup<br>Vanilla Ice Cream<br>Milk, Tea     | Turkey ala King<br>Fresh Steamed Broccoli<br>Dinner Roll<br>Angel Food Cake<br>w/ Whipped Topping<br>Milk, Tea                  |
|                  | <b>Alternate</b><br>Spinach Salad w/ Turkey<br>Tomato Soup  | <b>Alternate</b><br>Greek Salad w/ Chicken<br>Chicken Rice Soup   | <b>Alternate</b><br>Dijon Roast Beef on Wheat<br>Minestrone Soup  | <b>Alternate</b><br>Egg Salad Sandwich on WW<br>Chicken Noodle Soup   | <b>Alternate</b><br>Tuna Salad on WW<br>Chunky Potato Soup   | <b>Alternate</b><br>Chef Salad<br>Vegetable Rice Soup   | <b>Alternate</b><br>BBQ Chicken Salad<br>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.