

Week 2 Menu

WEEK AT A GLANCE MENU

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

August 3, 2025		August 4, 2025		August 5, 2025		August 6, 2025		August 7, 2025		August 8, 2025		August 9, 2025	
Sunday Breakfast		Monday Breakfast		Tuesday Breakfast		Wednesday Breakfast		Thursday Breakfast		Friday Breakfast		Saturday Breakfast	
BREAKFAST	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
	Blueberry Pancakes	Egg & Cheese on Wheat Muffin	Scrambled Egg	Scrambled Eggs	Scrambled Eggs	Denver Scramble	Scrambled Eggs	Sauteed Breakfast Potatoes	Scrambled Eggs	Scrambled Eggs	Potato Vegetable Skillet	Blueberry Muffin	Pineapple
	Scrambled Eggs	Sauteed Breakfast Potatoes	Crispy Hashbrown	Biscuit with Gravy	Biscuit with Gravy	Orange Cranberry Muffin	Waffles w/ Blueberry Compote	Total Cereal	Turkey Sausage Links	Turkey Sausage Links	Pineapple	Pineapple	Pineapple
LUNCH	Turkey Sausage Link	Total Cereal Pears	Maple Apple Oatmeal	Banana	Banana	Diced Pears	Diced Pears	Diced Pears	Diced Pears	Diced Pears	Diced Pears	Diced Pears	Diced Pears
	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee
	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)
Sunday Lunch		Monday Lunch		Tuesday Lunch		Wednesday Lunch		Thursday Lunch		Friday Lunch		Saturday Lunch	
LUNCH	Beef Pot Roast	Baked Chicken	Hot Turkey Sandwich	Honey Lime Chicken	Honey Lime Chicken	Cheeseburger Lettuce & Tomato	Sweet N' Sour Chicken	Beef Pot Roast w/ Gravy	Beef Pot Roast w/ Gravy	Beef Pot Roast w/ Gravy	Beef Pot Roast w/ Gravy	Beef Pot Roast w/ Gravy	Beef Pot Roast w/ Gravy
	Sauteed Spinach	Mashed Sweet Potatoes	Zucchini w/ Tomato	Brown Rice	Brown Rice	Garlic & Herb Roasted Potatoes	White Rice	Potato Wedge	Potato Wedge	Potato Wedge	Potato Wedge	Potato Wedge	Potato Wedge
	Mashed Potatoes	Seasoned Green Beans	Mash Potatoes	Carrots with Herbs	Carrots with Herbs	Garden Green Salad	Steamed Broccoli	Carrots with Herbs	Carrots with Herbs	Carrots with Herbs	Carrots with Herbs	Carrots with Herbs	Carrots with Herbs
DINNER	Mandarin Orange Sections	Applesauce w/ Cinnamon	Red Seedless Grapes	Diced Peaches	Diced Peaches	Banana	Pineapple	Applesauce with Cinnamon	Applesauce with Cinnamon	Applesauce with Cinnamon	Applesauce with Cinnamon	Applesauce with Cinnamon	Applesauce with Cinnamon
	Carrot Cake w/ Walnuts	Brownie	Blueberry Crisp	Banana Parfait	Banana Parfait	Carrot Cake w/ Walnuts	Brownie	Chocolate Chip Cookie	Chocolate Chip Cookie	Chocolate Chip Cookie	Chocolate Chip Cookie	Chocolate Chip Cookie	Chocolate Chip Cookie
	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea
Sunday Dinner		Monday Dinner		Tuesday Dinner		Wednesday Dinner		Thursday Dinner		Friday Dinner		Saturday Dinner	
DINNER	Roasted Pork Loin	Latin Braised Beef	Chicken Alfredo	Meatloaf	Meatloaf	Roasted Turkey	Broiled Salmon	Turkey ala King	Turkey ala King	Turkey ala King	Turkey ala King	Turkey ala King	Turkey ala King
	Macaroni and Cheese	Latin Black Beans	Fresh Steamed Broccoli	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Lemon Orzo	Fresh Steamed Broccoli	Fresh Steamed Broccoli	Fresh Steamed Broccoli	Fresh Steamed Broccoli	Fresh Steamed Broccoli	Fresh Steamed Broccoli
	Zucchini w/ Tomato	Tomato, Spinach, Brown Rice	Fruit Cup	Sheet Pan Ratatouille	Sheet Pan Ratatouille	Seasoned Green Beans	Sauteed Vegetable Medley	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll
DINNER	Dinner Roll	Diced Peached	Angel Food Cake w/ Whip Topping	Mandarin Oranges	Mandarin Oranges	Red Seedless Grapes	Fruit Cup	Angel Food Cake w/ Whipped Topping	Angel Food Cake w/ Whipped Topping	Angel Food Cake w/ Whipped Topping	Angel Food Cake w/ Whipped Topping	Angel Food Cake w/ Whipped Topping	Angel Food Cake w/ Whipped Topping
	Red Seedless Grapes	Vanilla Ice Cream	Milk, Tea	Oatmeal Raisin Cookie	Oatmeal Raisin Cookie	Cinnamon Apples	Vanilla Ice Cream	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea
	Sugar Cookie	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea
Sunday Dinner		Monday Dinner		Tuesday Dinner		Wednesday Dinner		Thursday Dinner		Friday Dinner		Saturday Dinner	
DINNER	Spinach Salad w/ Turkey	Greek Salad w/ Chicken	Dijon Roast Beef on Wheat	Egg Salad Sandwich on WW	Egg Salad Sandwich on WW	Tuna Salad on WW	Chef Salad	BBQ Chicken Salad	BBQ Chicken Salad	BBQ Chicken Salad	BBQ Chicken Salad	BBQ Chicken Salad	BBQ Chicken Salad
	Tomato Soup	Chicken Rice Soup	Minestrone Soup	Chicken Noodle Soup	Chicken Noodle Soup	Chunky Potato Soup	Vegetable Rice Soup	Broccoli Cheddar Soup	Broccoli Cheddar Soup	Broccoli Cheddar Soup	Broccoli Cheddar Soup	Broccoli Cheddar Soup	Broccoli Cheddar Soup
	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate

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.