

Week 1 Menu

WEEK AT A GLANCE MENU

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

	November 9, 2025	November 10, 2025	November 11, 2025	November 12, 2025	November 13, 2025	November 14, 2025	November 15, 2025
BREAKFAST	Sunday Breakfast	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	Saturday Breakfast
	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
	Total Cereal	Blintzes	Oatmeal w/ Cran-Orange Compote	Egg, Bacon, Cheddar, Sandwich	Potato Vegetable Skillet	Cinnamon French Toast Banana Foster Sauce	Cheesy Scrambled Eggs
	Scrambled Eggs Sauteed Breakfast Potatoes Bacon Banana	Scrambled Eggs Sausage Link	Denver Scramble Potato Hash	Breakfast Potatoes Fruit Cup Raisin Bran Cereal Bowl	Sausage Link Banana	Scrambled Eggs Pork Bacon	Sauteed Breakfast Potatoes Sausage Link
LUNCH	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee
	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)	Alternate pancakes (2) bacon (2) <i>or</i> sausage (2)
	Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
	Beef Pot Roast	Chicken Breast Marsala	Meatloaf	Roasted Pork Loin	Roast Turkey Breast	Beef Stroganoff	Chicken Pot Pie
DINNER	Mashed Potatoes	Garlic & Herb Roasted Potatoes	Mashed Potatoes	Tomato, Spinach, Brown Rice	Mashed Potato w/Gravy	Egg Noodles	Fresh Steamed Broccoli
	Carrots with Herbs	Sheet Pan Ratatouille	Steamed Broccoli	Carrots w/ Ginger	Seasoned Green Beans	Caramelized Carrots	
	Cookies Mousse	Orange Creamsicle Gelatin	Banana Parfait	Cinnamon Apples	Brownie	Blueberry Crisp	Brownie & Strawberry Delight
	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea
	Alternate Chicken Salad on WW Tomato Soup	Alternate PB, Almond, & Apple Wrap Minestrone Soup	Alternate Chef Salad Chicken Rice Soup	Alternate Chicken Caesar Salad Chunky Potato Soup	Alternate BBQ Chicken Salad Broccoli Cheddar Soup	Alternate Greek Salad w/ Chicken Italian Wedding Soup	Alternate Chef Salad Chicken Noodle Soup
	Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
	Grilled Chicken Breast	Italian Meatballs	17 Spice Grill Chicken	Hot Beef Sandwich	Chicken Breast Parmesan	Chicken Tinga Bowl	Lasagna Roll Up w/ Marinara
	Seasoned Green Beans Cauliflower Mac & Cheese	WW Penne Pasta Vegan Marinara Sauce Dinner Roll	Honey Mustard Sauce Macaroni & Cheese	Mashed Cauliflower Potatoes	WW Penne Pasta Dinner Roll Zucchini w/ Tomato	Pineapple	Sheet Pan Ratatouille Dinner Roll
	Fruit Cup	Garden Side Salad Pineapple	Balsamic Brussel Sprouts Red Seedless Grapes Chocolate Chip Cookie	Garden Side Salad Banana Ultimate Double Brownie	Fruit Cup Sugar Cookie	Orange Creamsicle Gelatin	Red Seedless Grapes Chocolate Ice Cream
	Angel Food Cake w/ Whip Topping Milk, Tea	Brownie	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea	Milk, Tea
	Alternate Turkey & Swiss Sandwich Tomato Soup	Alternate Greek Salad w/ Chicken Minestrone Soup	Alternate Tuna Salad on WW Chicken Rice Soup	Alternate Trio salad (egg, chicken, tuna) Chunky Potato Soup	Alternate Turkey & Swiss Sandwich Broccoli Cheddar Soup	Alternate Tuna Salad Sandwich on WW Italian Wedding Soup	Alternate 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.