

Week 1 Menu

WEEK AT A GLANCE MENU

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

November 30, 2025		December 1, 2025		December 2, 2025		December 3, 2025		December 4, 2025		December 5, 2025		December 6, 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 Fruit Cup						
	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee						
Alternate pancakes (2) <i>bacon (2) <u>or</u> sausage (2)</i>		Alternate pancakes (2) <i>bacon (2) <u>or</u> sausage (2)</i>		Alternate pancakes (2) <i>bacon (2) <u>or</u> sausage (2)</i>		Alternate pancakes (2) <i>bacon (2) <u>or</u> sausage (2)</i>		Alternate pancakes (2) <i>bacon (2) <u>or</u> sausage (2)</i>		Alternate pancakes (2) <i>bacon (2) <u>or</u> sausage (2)</i>		Alternate pancakes (2) <i>bacon (2) <u>or</u> sausage (2)</i>	
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch							
LUNCH	Beef Pot Roast	Chicken Breast Marsala	Meatloaf	Roasted Pork Loin	Roast Turkey Breast	Beef Stroganoff	Chicken Pot Pie						
	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 <i>Chicken Salad on WW Tomato Soup</i>		Alternate <i>PB, Almond, & Apple Wrap Minestrone Soup</i>		Alternate <i>Chef Salad Chicken Rice Soup</i>		Alternate <i>Chicken Caesar Salad Chunky Potato Soup</i>		Alternate <i>BBQ Chicken Salad Broccoli Cheddar Soup</i>		Alternate <i>Greek Salad w/ Chicken Italian Wedding Soup</i>		Alternate <i>Chef Salad Chicken Noodle Soup</i>	
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner							
DINNER	Grilled Chicken Breast Seasoned Green Beans Cauliflower Mac & Cheese	Italian Meatballs WW Penne Pasta Vegan Marinara Sauce Dinner Roll Garden Side Salad Pineapple Brownie	17 Spice Grill Chicken Honey Mustard Sauce Macaroni & Cheese	Hot Beef Sandwich Mashed Cauliflower Potatoes	Chicken Breast Parmesan WW Penne Pasta Dinner Roll Zucchini w/ Tomato	Chicken Tinga Bowl Pineapple	Lasagna Roll Up w/ Marinara						
	Fruit Cup		Balsamic Brussel Sprouts	Garden Side Salad Banana	Fruit Cup	Orange Creamsicle Gelatin	Sheet Pan Ratatouille Dinner Roll Red Seedless Grapes Chocolate Ice Cream						
	Angel Food Cake w/ Whip Topping Milk, Tea	Milk, Tea	Red Seedless Grapes Chocolate Chip Cookie	Ultimate Double Brownie	Sugar Cookie								
	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate	Alternate						
	<i>Turkey & Swiss Sandwich Tomato Soup</i>	<i>Greek Salad w/ Chicken Minestrone Soup</i>	<i>Tuna Salad on WW Chicken Rice Soup</i>	<i>Trio salad (egg, chicken,tuna) Chunky Potato Soup</i>	<i>Turkey & Swiss Sandwich Broccoli Cheddar Soup</i>	<i>Tuna Salad Sandwich on WW Italian Wedding Soup</i>	<i>Chicken Salad on WW Chicken Noodle Soup</i>						

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.