

Week 1 Menu

WEEK AT A GLANCE MENU

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

December 21, 2025		December 22, 2025		December 23, 2025		December 24, 2025		December 25, 2025		December 26, 2025		December 27, 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) 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		
LUNCH	Beef Pot Roast		Chicken Breast Marsala		Meatloaf		Homestyle Holiday Chicken		Roast Turkey Breast		Beef Stroganoff		Chicken Pot Pie	
	Mashed Potatoes		Garlic & Herb Roasted Potatoes		Mashed Potatoes		Balsamic Cranberry Chicken with Garlic Broccoli and Hot Honey		Mashed Potato w/Gravy		Egg Noodles		Fresh Steamed Broccoli	
	Carrots with Herbs		Sheet Pan Ratatouille		Steamed Broccoli		Roasted Sweet Potatoes		Seasoned Green Beans		Carmelized Carrots			
	Cookies Mousse		Orange Creamsicle Gelatin		Banana Parfait		Fudge Brownie with Peppermint Icing		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		
DINNER	Grilled Chicken Breast Seasoned Green Beans Cauliflower Mac & Cheese		Italian Meatballs WW Penne Pasta Vegan Marinara Sauce Dinner Roll		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		Garden Side Salad Pineapple Brownie		Balsamic Brussel Sprouts Red Seedless Grapes Chocolate Chip Cookie		Garden Side Salad Banana Ultimate Double Brownie		Fruit Cup Sugar Cookie		Orange Creamsicle Gelatin		Sheet Pan Ratatouille Dinner Roll Red Seedless Grapes Chocolate Ice Cream	
	Angel Food Cake w/ Whip Topping Milk, Tea		Milk, Tea		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.