# 2-Week Healthcare Menu Plan

## WEEK 1

### BREAKFAST

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal Type</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUNDAY</td>
<td>Breakfast</td>
<td>Cheesy Egg Omelet</td>
<td>#12730 includes: Egg patty, American cheese, O'Brien potatoes</td>
</tr>
<tr>
<td>MONDAY</td>
<td>Breakfast</td>
<td>Ranchero Breakfast Burrito</td>
<td>#12715 includes: Zesty egg wrap, Ranchero sauce, Sweet rice, Chocolate Chip Muffin</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>Breakfast</td>
<td>Huevos Rancheros</td>
<td>#14803 includes: Egg patty, American cheese, Green chili grits, Banana Bread Muffin</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Breakfast</td>
<td>Cheesy Egg Omelet</td>
<td>#12730 includes: Egg patty, American cheese, O'Brien potatoes, Apple Chunk Muffin</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Breakfast</td>
<td>Turkey Ham &amp; Egg Scramble</td>
<td>#12716 includes: Turkey ham patty, Scrambled eggs, Oatmeal, Chocolate Chip Muffin</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>Breakfast</td>
<td>Ranchero Breakfast Burrito</td>
<td>#12715 includes: Zesty egg wrap, Ranchero sauce, Sweet rice, Chocolate Chip Muffin</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>Breakfast</td>
<td>Huevos Rancheros</td>
<td>#14803 includes: Egg patty, American cheese, Green chili grits, Apple Chunk Muffin</td>
</tr>
</tbody>
</table>

### LUNCH

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal Type</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUNDAY</td>
<td>Lunch</td>
<td>Turkey Chili</td>
<td>#12700 includes: Turkey chili, White rice, 4-way vegetable blend, Salad w/Ranch dressing, WG Dinner Roll</td>
</tr>
<tr>
<td>MONDAY</td>
<td>Lunch</td>
<td>Spaghetti w/Meat Sauce</td>
<td>#12767 includes: Spaghetti w/meat sauce, Parmesan cheese, Green beans, Salad w/Ranch dressing, WG Dinner Roll</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>Lunch</td>
<td>Sweet &amp; Sour Chicken</td>
<td>#12774 includes: Chicken w/sweet &amp; sour sauce, White rice, 4-way vegetable blend, Salad w/Ranch dressing, WG Dinner Roll</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Lunch</td>
<td>Chicken Alfredo</td>
<td>#12706 includes: Chicken w/Alfredo sauce, Rotini noodles, Corn, Salad w/Ranch dressing, WG Dinner Roll</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Lunch</td>
<td>Meat Loaf</td>
<td>#12720 includes: Beef meat loaf patty, Beef gravy, White rice, Green beans, Mashed potatoes, Salad w/Ranch dressing, WG Dinner Roll</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>Lunch</td>
<td>Chicken Patty</td>
<td>#12764 includes: Chicken patty, Ranchero sauce, White rice, Green beans, Salad w/Ranch dressing, WG Dinner Roll</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>Lunch</td>
<td>Grilled Ham &amp; Cheese Sandwich</td>
<td>#12721 includes: Grilled ham &amp; cheese sandwich, Tomato soup, WG Dinner Roll</td>
</tr>
</tbody>
</table>

### DINNER

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal Type</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUNDAY</td>
<td>Dinner</td>
<td>Meat Loaf</td>
<td>#12720 includes: Beef meat loaf patty, Beef gravy, White rice, Green beans, Mashed potatoes, Salad w/Ranch dressing, WG Dinner Roll</td>
</tr>
<tr>
<td>MONDAY</td>
<td>Dinner</td>
<td>Chicken Patty</td>
<td>#12764 includes: Chicken patty, Ranchero sauce, White rice, Green beans, Salad w/Ranch dressing, WG Dinner Roll</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>Dinner</td>
<td>Turkey Chili</td>
<td>#12700 includes: Turkey chili, White rice, 4-way vegetable blend, Salad w/Ranch dressing, WG Dinner Roll</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Dinner</td>
<td>Grilled Ham &amp; Cheese Sandwich</td>
<td>#12721 includes: Grilled ham &amp; cheese sandwich, Tomato soup, WG Dinner Roll</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Dinner</td>
<td>Macaroni &amp; Cheese</td>
<td>#12704 includes: Macaroni w/cheese sauce, Green beans, Salad w/Ranch dressing, WG Dinner Roll</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>Dinner</td>
<td>Cheese Pizza Wrap</td>
<td>#12706 includes: Tortilla wrap w/ mozzarella cheese and marinara, WG Dinner Roll</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>Dinner</td>
<td>Chicken Alfredo</td>
<td>#12706 includes: Chicken w/Alfredo sauce, Rotini noodles, Corn, Salad w/Ranch dressing, WG Dinner Roll</td>
</tr>
</tbody>
</table>

(Add two (2) pieces of fresh fruit during the day)

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NOTE: Menu plan is subject to change without notice.
### 2-WEEK HEALTHCARE MENU PLAN

**WEEK 2 DATE**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>BREAKFAST</strong></td>
<td><strong>BREAKFAST</strong></td>
<td><strong>BREAKFAST</strong></td>
<td><strong>BREAKFAST</strong></td>
<td><strong>BREAKFAST</strong></td>
<td><strong>BREAKFAST</strong></td>
</tr>
</tbody>
</table>
| Cheesy Egg Omelet #12730 includes:  
• Egg patty  
• American cheese  
• O’Brien potatoes | Ranchero Breakfast Burrito #12735 includes:  
• Zesty egg wrap  
• Ranchero sauce  
• Sweet rice | Huevos Rancheros #14803 includes:  
• Huevo rancheros  
• Green chili grits | Turkey Ham & Egg Scramble #12716 includes:  
• Turkey ham patty  
• Scrambled eggs  
• Oatmeal | Cheesy Egg Omelet #12730 includes:  
• Egg patty  
• American cheese  
• O’Brien potatoes | Huevos Rancheros #14803 includes:  
• Huevo rancheros  
• Green chili grits | Turkey Ham & Egg Scramble #12716 includes:  
• Turkey ham patty  
• Scrambled eggs  
• Oatmeal |
| Banana Bread Muffin #10448  
(Add 8oz. 1% Milk) | Chocolate Chip Muffin #10447  
(Add 8oz. 1% Milk) | Apple Chunk Muffin #10437  
(Add 8oz. 1% Milk) | Chocolate Chip Muffin #10447  
(Add 8oz. 1% Milk) | Banana Bread Muffin #10448  
(Add 8oz. 1% Milk) | Chocolate Chip Muffin #10447  
(Add 8oz. 1% Milk) | Chocolate Chip Muffin #10447  
(Add 8oz. 1% Milk) |
| **LUNCH** | **LUNCH** | **LUNCH** | **LUNCH** | **LUNCH** | **LUNCH** | **LUNCH** |
| Grilled Ham & Cheese Sandwich #12721 includes:  
• Grilled ham & cheese sandwich  
• Tomato soup | Sweet & Sour Chicken #12774 includes:  
• Chicken w/sweet & sour sauce  
• White rice  
• 4-way vegetable blend  
• Salad w/Ranch dressing | Macaroni & Cheese #12704 includes:  
• Macaroni w/cheese sauce  
• Green beans  
• Salad w/Ranch dressing | Turkey Chili #12700 includes:  
• Turkey chili  
• White rice  
• 4-way vegetable blend  
• Salad w/Ranch dressing | Cheese Pizza Wrap #12719 includes:  
• Tortilla wrap w/ mozzarella cheese and marinara  
• Salad w/Ranch dressing | Spaghetti w/Meat Sauce #12767 includes:  
• Spaghetti w/meat sauce  
• Parmesan cheese  
• Green beans | Chicken Alfredo #12706 includes:  
• Chicken w/Alfredo sauce  
• Rotini noodles  
• Corn  
• Salad w/Ranch dressing |
| WG Dinner Roll #10077  
(Add 8oz. 1% Milk) | WG Dinner Roll #10077  
(Add 8oz. 1% Milk) | WG Dinner Roll #10077  
(Add 8oz. 1% Milk) | WG Dinner Roll #10077  
(Add 8oz. 1% Milk) | WG Dinner Roll #10077  
(Add 8oz. 1% Milk) | WG Dinner Roll #10077  
(Add 8oz. 1% Milk) | WG Dinner Roll #10077  
(Add 8oz. 1% Milk) |
| **DINNER** | **DINNER** | **DINNER** | **DINNER** | **DINNER** | **DINNER** | **DINNER** |
| Macaroni & Cheese #12704 includes:  
• Macaroni w/cheese sauce  
• Green beans | Chicken Alfredo #12706 includes:  
• Chicken w/Alfredo sauce  
• Rotini noodles  
• Corn  
• Salad w/Ranch dressing | Spaghetti w/Meat Sauce #12767 includes:  
• Spaghetti w/meat sauce  
• Parmesan cheese  
• Green beans | Grilled Ham & Cheese Sandwich #12721 includes:  
• Grilled ham & cheese sandwich  
• Tomato soup | Sweet & Sour Chicken #12774 includes:  
• Chicken w/sweet & sour sauce  
• White rice  
• 4-way vegetable blend  
• Salad w/Ranch dressing | Chicken Patty #12784 includes:  
• Chicken patty  
• Ranchero sauce  
• White rice  
• Green beans  
• Salad w/Ranch dressing | Meat Loaf #12720 includes:  
• Beef meat loaf patty  
• Beef gravy  
• Green beans  
• Mashed potatoes  
• Salad w/Ranch dressing |
| WG Dinner Roll #10077  
(Add 8oz. 1% Milk) | WG Dinner Roll #10077  
(Add 8oz. 1% Milk) | WG Dinner Roll #10077  
(Add 8oz. 1% Milk) | WG Dinner Roll #10077  
(Add 8oz. 1% Milk) | WG Dinner Roll #10077  
(Add 8oz. 1% Milk) | WG Dinner Roll #10077  
(Add 8oz. 1% Milk) | WG Dinner Roll #10077  
(Add 8oz. 1% Milk) |

(Add two (2) pieces of fresh fruit during the day)

**NOTE:** Menu plan is subject to change without notice.
### WEEKLY TOTALS

#### WEEK 1

<table>
<thead>
<tr>
<th>Day</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>S SatFat (g)</th>
<th>Trans (g)</th>
<th>Carb. (g)</th>
<th>Chol. (mg)</th>
<th>Calc. (mg)</th>
<th>Sod. (mg)</th>
<th>Vit. C (mg)</th>
<th>Fiber (g)</th>
<th>Iron (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>2,741</td>
<td>90</td>
<td>90</td>
<td>28</td>
<td>0</td>
<td>377</td>
<td>458</td>
<td>1,306</td>
<td>2,818</td>
<td>231</td>
<td>31</td>
<td>22</td>
</tr>
<tr>
<td>Mon</td>
<td>2,353</td>
<td>82</td>
<td>94</td>
<td>27</td>
<td>0</td>
<td>260</td>
<td>491</td>
<td>1,410</td>
<td>2,658</td>
<td>197</td>
<td>29</td>
<td>19</td>
</tr>
<tr>
<td>Tue</td>
<td>2,513</td>
<td>95</td>
<td>78</td>
<td>17</td>
<td>0</td>
<td>346</td>
<td>378</td>
<td>1,239</td>
<td>2,775</td>
<td>214</td>
<td>35</td>
<td>20</td>
</tr>
<tr>
<td>Wed</td>
<td>2,555</td>
<td>97</td>
<td>82</td>
<td>21</td>
<td>0</td>
<td>372</td>
<td>298</td>
<td>1,336</td>
<td>2,960</td>
<td>228</td>
<td>33</td>
<td>22</td>
</tr>
<tr>
<td>Thu</td>
<td>2,766</td>
<td>107</td>
<td>102</td>
<td>28</td>
<td>0</td>
<td>344</td>
<td>318</td>
<td>1,264</td>
<td>2,444</td>
<td>163</td>
<td>31</td>
<td>22</td>
</tr>
<tr>
<td>Fri</td>
<td>2,474</td>
<td>94</td>
<td>86</td>
<td>21</td>
<td>0</td>
<td>373</td>
<td>342</td>
<td>1,114</td>
<td>3,179</td>
<td>139</td>
<td>36</td>
<td>28</td>
</tr>
</tbody>
</table>

#### TOTAL NUTRITION

- Calories: 18,343
- Protein: 682 g
- Fat: 625 g
- S SatFat: 167 g
- Trans: 0 g
- Carb: 2,451 g
- Chol: 2,648 mg
- Calc: 9,065 mg
- Sod: 1,295 mg
- Vit. C: 250 mg
- Fiber: 162 g
- Iron: 23 g

**DAILY AVERAGE**

- Calories: 2,620
- Protein: 97 g
- Fat: 89 g
- S SatFat: 24 g
- Trans: 0 g
- Carb: 350 g
- Chol: 378 mg
- Calc: 1,295 mg
- Sod: 1,335 mg
- Vit. C: 250 mg
- Fiber: 162 g
- Iron: 23 g

*Daily values used: 2,500

#### WEEK 2

<table>
<thead>
<tr>
<th>Day</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>S SatFat (g)</th>
<th>Trans (g)</th>
<th>Carb. (g)</th>
<th>Chol. (mg)</th>
<th>Calc. (mg)</th>
<th>Sod. (mg)</th>
<th>Vit. C (mg)</th>
<th>Fiber (g)</th>
<th>Iron (mg)</th>
</tr>
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<tbody>
<tr>
<td>Sun</td>
<td>3,064</td>
<td>116</td>
<td>76</td>
<td>18</td>
<td>0</td>
<td>437</td>
<td>408</td>
<td>1,020</td>
<td>2,911</td>
<td>191</td>
<td>32</td>
<td>20</td>
</tr>
<tr>
<td>Mon</td>
<td>2,749</td>
<td>104</td>
<td>104</td>
<td>35</td>
<td>0</td>
<td>407</td>
<td>287</td>
<td>1,241</td>
<td>2,993</td>
<td>175</td>
<td>50</td>
<td>29</td>
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<tr>
<td>Tue</td>
<td>2,725</td>
<td>97</td>
<td>96</td>
<td>29</td>
<td>0</td>
<td>369</td>
<td>251</td>
<td>1,575</td>
<td>2,417</td>
<td>210</td>
<td>39</td>
<td>28</td>
</tr>
<tr>
<td>Wed</td>
<td>2,490</td>
<td>79</td>
<td>105</td>
<td>27</td>
<td>0</td>
<td>287</td>
<td>489</td>
<td>1,404</td>
<td>2,399</td>
<td>191</td>
<td>23</td>
<td>25</td>
</tr>
<tr>
<td>Thu</td>
<td>2,640</td>
<td>94</td>
<td>77</td>
<td>31</td>
<td>0</td>
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<td>452</td>
<td>1,317</td>
<td>3,278</td>
<td>141</td>
<td>44</td>
<td>27</td>
</tr>
<tr>
<td>Fri</td>
<td>2,500</td>
<td>77</td>
<td>96</td>
<td>25</td>
<td>0</td>
<td>297</td>
<td>418</td>
<td>1,264</td>
<td>3,165</td>
<td>261</td>
<td>19</td>
<td>16</td>
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<tr>
<td>Sat</td>
<td>2,464</td>
<td>90</td>
<td>90</td>
<td>19</td>
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<td>386</td>
<td>283</td>
<td>1,523</td>
<td>2,133</td>
<td>176</td>
<td>32</td>
<td>22</td>
</tr>
</tbody>
</table>

#### TOTAL NUTRITION

- Calories: 18,602
- Protein: 678 g
- Fat: 644 g
- S SatFat: 184 g
- Trans: 0 g
- Carb: 2,577 g
- Chol: 2,588 mg
- Calc: 9,344 mg
- Sod: 1,345 mg
- Vit. C: 262 mg
- Fiber: 167 g
- Iron: 24 g

**DAILY AVERAGE**

- Calories: 2,657
- Protein: 97 g
- Fat: 87 g
- S SatFat: 26 g
- Trans: 0 g
- Carb: 368 g
- Chol: 370 mg
- Calc: 1,335 mg
- Sod: 1,927 mg
- Vit. C: 37 mg
- Fiber: 24 g
- Iron: 24 g

*Daily values used: 2,500

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