Coffee, Milk and Margarine will be offered with all meals. Menu subject to change and notice posted. Soup and mashed potatoes & gravy are available at lunch and supper.

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<thead>
<tr>
<th>Sunday 08/25/19</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Breakfast:</td>
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<tr>
<td>Fruit Juice</td>
<td>Fruit Juice</td>
<td>Fruit Juice</td>
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<td>Fruit Juice</td>
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<tr>
<td>Scrambled Eggs</td>
<td>Hard Boiled</td>
<td>Pancakes &amp;</td>
<td>Hard Boiled Eggs</td>
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<td>Fried Eggs</td>
<td>Waffles &amp;</td>
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<tr>
<td>or Hard</td>
<td>Eggs or</td>
<td>Syrup or</td>
<td>Eggs or</td>
<td>Eggs or</td>
<td>Eggs or</td>
<td>Syrup or</td>
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<tr>
<td>Boiled Eggs</td>
<td>Scrambled Eggs</td>
<td>Toast/ Jelly</td>
<td>Scrambled Eggs</td>
<td>Scrambled Eggs</td>
<td>Grits</td>
<td>Toast w/</td>
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<tr>
<td>Oatmeal or</td>
<td>or</td>
<td>Baked Eggs or</td>
<td>or</td>
<td>or</td>
<td>Wheat Toast</td>
<td>Jelly</td>
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<td>Cream of Wheat</td>
<td>Scrambled</td>
<td>Scrambled Eggs</td>
<td>Cream of Wheat</td>
<td>Cream of Wheat</td>
<td>&amp; Jelly</td>
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<tr>
<td>Wheat Toast</td>
<td>Eggs or</td>
<td>Sunflower Seed</td>
<td>Wheat Toast</td>
<td>Wheat Toast</td>
<td>Eggs or</td>
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<tr>
<td>&amp; Jelly</td>
<td>Cream of</td>
<td>Oatmeal or</td>
<td>&amp; Jelly</td>
<td>&amp; Jelly</td>
<td>Cream of</td>
<td>Cream of</td>
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<tr>
<td></td>
<td>Wheat</td>
<td>Oatmeal or</td>
<td></td>
<td></td>
<td>Wheat</td>
<td>Wheat</td>
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</tr>
<tr>
<td>Pineapple Ham</td>
<td>Beef Tacos</td>
<td>Upside-down</td>
<td>Beef Lasagna</td>
<td>Corn Dog</td>
<td>Homemade</td>
<td>Homemade</td>
</tr>
<tr>
<td>or Cube Steak</td>
<td>or Pork Fritter</td>
<td>Pizza Casserole</td>
<td>Or Polish Sausage</td>
<td>or Hamburger/Bun</td>
<td>Porcupine Meatballs</td>
<td>or Ring Bologna</td>
</tr>
<tr>
<td>AuGratin</td>
<td>or Mashed</td>
<td>or Chicken</td>
<td>&amp; Mashed</td>
<td>or Hamburger/Bun</td>
<td>or Mashed</td>
<td>or Ring</td>
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<tr>
<td>Potatoes</td>
<td>Potatoes/or</td>
<td>Thighs</td>
<td>Potatoes</td>
<td>Bologna</td>
<td>Potatoes</td>
<td>Bologna</td>
</tr>
<tr>
<td>Haricot</td>
<td>Mixed</td>
<td>Winter Blend</td>
<td>Green Bean</td>
<td>or Diced Beets</td>
<td>or Gravy</td>
<td>or Diced Beets</td>
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<tr>
<td>Blend Veg</td>
<td>Mashed</td>
<td>Veg.</td>
<td>casserole</td>
<td>or Bologna</td>
<td>or Gravy</td>
<td>or Bologna</td>
</tr>
<tr>
<td>or Green Beans</td>
<td>or Mashed</td>
<td>or Wax Beans</td>
<td>or Brussel</td>
<td>or Bologna</td>
<td>or Gravy</td>
<td>or Bologna</td>
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<tr>
<td>Wheat Bread</td>
<td>or Spinach</td>
<td>Blueberries</td>
<td>Sprouts</td>
<td>or Bologna</td>
<td>or Gravy</td>
<td>or Bologna</td>
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<tr>
<td>Fruit Pie or</td>
<td>or Mashed</td>
<td>In Lemon Whip</td>
<td>Fruit Salad</td>
<td>or Bologna</td>
<td>or Gravy</td>
<td>or Bologna</td>
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<tr>
<td>Canned Fruit</td>
<td>Potatoes/or</td>
<td>Topping</td>
<td>or Canned Fruit</td>
<td>or Bologna</td>
<td>or Gravy</td>
<td>or Bologna</td>
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<tr>
<td></td>
<td>Mixed</td>
<td>or Fruit</td>
<td>or Canned Fruit</td>
<td>or Bologna</td>
<td>or Gravy</td>
<td>or Bologna</td>
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<tr>
<td>Supper:</td>
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<tr>
<td>Chili &amp; Corn</td>
<td>Italian Sub</td>
<td>Herb Baked</td>
<td>Chicken Alfredo</td>
<td>Chicken Nuggets</td>
<td>Chicken</td>
<td>Chicken</td>
</tr>
<tr>
<td>Chips or</td>
<td>Sandwich or</td>
<td>Bone-in Chicken</td>
<td>over Fettuccini</td>
<td>or Roast</td>
<td>Alfredo</td>
<td>over Fettuccini</td>
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<tr>
<td>Bologna SW &amp;</td>
<td>Hotdog/bun</td>
<td>or Cod Fillet</td>
<td>Noodles or</td>
<td>Beef SW</td>
<td>or Kielbasa</td>
<td>Noodles or</td>
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<tr>
<td>Mashed</td>
<td>or Stuffed</td>
<td>or Scalloped</td>
<td>Kielbasa &amp;</td>
<td>or Roast</td>
<td>or Kielbasa</td>
<td>Kielbasa &amp;</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Peppers</td>
<td>Potatoes or</td>
<td>Mashed/Gravy</td>
<td>Beef SW</td>
<td>or Kielbasa</td>
<td>Mashed/Gravy</td>
</tr>
<tr>
<td>Diced Carrots</td>
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<td>Mashed Potatoes</td>
<td>or Cauliflower</td>
<td>or Roast</td>
<td>or Kielbasa</td>
<td>or Cauliflower</td>
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<tr>
<td>or Green Peas</td>
<td>or Gravy</td>
<td>or Green Beans</td>
<td>or Cauliflower</td>
<td>Beef SW</td>
<td>or Kielbasa</td>
<td>or Cauliflower</td>
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<tr>
<td>Orange Muffin</td>
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<td>or Green Beans</td>
<td>or Cauliflower</td>
<td>or Roast</td>
<td>or Kielbasa</td>
<td>or Cauliflower</td>
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<tr>
<td>or Wheat Bread</td>
<td>or Gravy</td>
<td>or Green Beans</td>
<td>or Cauliflower</td>
<td>Beef SW</td>
<td>or Kielbasa</td>
<td>or Cauliflower</td>
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<td>Strawberries</td>
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<td>or Green Beans</td>
<td>or Cauliflower</td>
<td>or Roast</td>
<td>or Kielbasa</td>
<td>or Cauliflower</td>
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<tr>
<td>or Canned Fruit</td>
<td>or Canned</td>
<td>or Green Beans</td>
<td>or Cauliflower</td>
<td>Beef SW</td>
<td>or Kielbasa</td>
<td>or Cauliflower</td>
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| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Legend:
- **Fruit Juice**: Fruit Juice
- **Scrambled Eggs**: Scrambled Eggs
- **Hard Boiled Eggs**: Hard Boiled Eggs
- **Oatmeal or Cream of Wheat**: Oatmeal or Cream of Wheat
- **Wheat Toast & Jelly**: Wheat Toast & Jelly
- **Soup and mashed potatoes & gravy are available at lunch and supper.**
Coffee, Milk and Margarine will be offered with all meals. Menu subject to change and notice posted. Soup and mashed potatoes & gravy are available at lunch and supper.

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<tr>
<td><strong>Week 1</strong></td>
<td><strong>Minnesota Veterans Home-Minneapolis Weekly Menu – Nursing Care</strong></td>
<td><strong>Spring/Summer</strong></td>
<td><strong>Erin Zwonitzer, MS, RD, LD</strong></td>
<td><strong>Coffee, Milk and Margarine will be offered with all meals. Menu subject to change and notice posted. Soup and mashed potatoes &amp; gravy are available at lunch and supper.</strong></td>
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<td><strong>Breakfast:</strong></td>
<td>7:30am Fruit Juice Scrambled Eggs or Hard Boiled Eggs Oatmeal or Cream of Wheat Wheat Toast &amp; Jelly</td>
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<tr>
<td><strong>Lunch:</strong></td>
<td>12:15pm Pineapple Ham or Cube Steak AuGratin Potatoes or Mashed Potatoes Haricot Blend Veg or Green Beans Wheat Bread Fruit Pie or Canned Fruit</td>
<td>12:15pm Beef Lasagna Or Polish Sausage &amp; Mashed Potatoes Lettuce/Tomato/Diced Onion Salad &amp; Dressing or Winter Blend Veg. Garlic Toast or Wheat Bread Grapes or Canned Fruit</td>
<td>12:15pm Beef Hard Shell Tacos or Salmon Patty Fiesta Rice or Mashed/Gravy Corn or Spinach Ice Cream Bar or Applesauce</td>
<td>12:15pm Cabbage Rolls or Chicken Thighs Parmesan Rice or Mashed Potatoes Roasted Broccoli or Wax Beans Wheat Bread Blueberries In Lemon Whip or Fruit sauce</td>
<td>12:15pm Salmon Casserole or Salami SW Mustard Glazed Potato Cubes or Mashed &amp; Gravy Scalloped Corn or Diced Carrots Orange Muffin or Wheat Bread Fruit Mousse or Canned Fruit</td>
<td>12:15pm Chicken Alfredo Bake or Kielbasa &amp; Mashed/Gravy Monaco Veg. Blend or Cauliflower Breadstick or Bread Fruit Crisp or Canned Fruit</td>
<td>12:15pm Homemade Porcupine Meatballs or Ring Bologna Mashed Potatoes &amp; Gravy Sweet Corn Cob or Diced Beets Wheat Roll Or Wheat Bread Chocolate Cake Or Canned Fruit</td>
</tr>
<tr>
<td><strong>Supper:</strong></td>
<td>5:30pm Chili &amp; Corn Chips or Bologna SW &amp; Mashed Potatoes Diced Carrots or Green Peas Corn Bread or Wheat Bread Strawberries or Canned Fruit</td>
<td>5:30pm Potato Crunch Pollock or Buffalo Chicken Wrap Baked Sweet Potato or Mashed Potatoes Vinegar Cole Slaw or V8 juice Wheat Bread Pistachio Fruit Cocktail or Vanilla Pudding</td>
<td>5:30pm Italian Sub Sandwich or Hotdog/bun Triangle Hashbrown or Mashed/Gravy Lettuce/Tomato/Onion or Green Beans Watermelon or Canned Fruit</td>
<td>5:30pm Tavern Pollock or Cube Steak Deviled Potato Salad or Mashed/gravy Raw Carrots w/Ranch or Cauliflower Wheat Bread Double Chocolate Brownie or Pudding</td>
<td>5:30pm Herb Baked Bone-in Chicken or Cod Fillet Scalloped Potatoes or Mashed Potatoes Midwest Blend Veg. or Green Beans Wheat Bread Cheesecake w/ Strawberry Glaze or Canned Fruit</td>
<td>5:30pm Mini Corn Dogs or Hamburger/Bun Antipasto Pasta Salad or Mashed &amp; Gravy Green Bean casserole or Brussel Sprouts Fruit Salad or Canned Fruit</td>
<td>5:30pm Chicken Nuggets or Roast Beef SW Macaroni Salad or Mashed &amp; Gravy Tomato and Cucumber Slices or Peas Orange Gelatin w/ Bananas or Canned Fruit</td>
</tr>
</tbody>
</table>