**NEW** Always Available/Cook to Order Menu, will be offered & posted in dining room. Soup, salad bar, mashed potatoes & gravy are available at lunch and supper.

<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Supper</th>
</tr>
</thead>
</table>
| Sunday 09/08/19 | Fruit Juice  
Baked Eggs or Scrambled Eggs  
Cinnamon Twist or Wheat Toast w/ Jelly  
Oatmeal or Cream of Wheat | Corn Beef  
Homemade Mashed Potatoes & Gravy  
Diced Carrots  
Wheat Bread  
Assorted Cookie | Baked Fish  
Calico Beans  
Corn on the Cob  
Wheat Bread  
Creamy Fruit Salad w/ Toasted Coconut |
| Monday 09/09/19  | Fruit Juice  
Hard Boiled Eggs or Scrambled Eggs  
Wheat Toast & Jelly  
Strawberry Banana  
Oatmeal or Grits | Dijon Pork Chop  
Wild Rice  
Wax Beans  
Wheat Roll Pears | Ham & Potato Casserole  
Beef Barley Soup  
Italian Blend Veg.  
Wheat Bread  
Cranberry Whipped Salad |
| Tuesday 09/10/19 | Fruit Juice  
Pancakes & Syrup or Toast/Jelly  
Hard Boiled Eggs or Scrambled Eggs  
Wheat Toast/ Jelly  
Oatmeal or Cream of Wheat | Beef & Bean Burrito  
w/ Cheese Sauce  
Spanish Rice  
Cauliflower  
Wheat Bread  
Angel Food Cake w/ Strawberries | Tuna Salad SW  
Potato Chips  
Marinated Vegetables  
Pickle Spear  
Tropical Fruit Jello |
| Wednesday 09/11/19 | Fruit Juice  
Scrambled Eggs or Hard Boiled Eggs  
Oatmeal or Cream of Wheat | Pork Riblet  
Baked Potatoes w/ sour cream  
Winter Blend  
Wheat Bread Peaches | Beef Spaghetti Casserole  
Garlic Toast or Wheat Bread  
Squash  
Oatmeal Raisin Cookie |
| Thursday 09/12/19 | Fruit Juice  
Scrambled Eggs or Hard Boiled Eggs  
Wheat Toast & Jelly  
Oatmeal or Cream of Wheat | Chicken Thighs  
French fries  
Diced Carrots  
Wheat Bread  
Banana Split Dessert | Calzone  
Mixed Vegetable Blend  
Dinner Roll or Wheat Bread  
Mangos |
| Friday 09/13/19 | Fruit Juice  
Fried Eggs  
Bacon or Ground Ham  
Wheat Toast & Jelly  
Oatmeal or Grits | Hot Dog on a Bun  
Cheesy Hashbrowns  
Cranberry Coleslaw  
Assorted Pie | Egg Salad on a Croissant  
Georgia Rice  
Cucumber Salad w/ onion & feta  
Mixed Berry Cup |
| Saturday 09/14/19 | Fruit Juice  
Oatmeal or Malt o Meal  
Waffles or Wheat Toast & Jelly  
Scrambled Eggs or Hard Boiled Eggs | Oven Fried Chicken  
German Potato Salad  
Asparagus  
Wheat Bread  
Cantaloupe | Roast Beef Roll up  
Baked Beans  
Broccoli Cheese Soup  
Green Beans  
Wheat Bread  
Pudding |
<table>
<thead>
<tr>
<th>Sunday</th>
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<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><strong>Breakfast:</strong> 7:30am</td>
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<tr>
<td>Baked Eggs or Scrambled Eggs</td>
<td>Hard Boiled Eggs or Scrambled Eggs</td>
<td>Wheat Toast &amp; Jelly</td>
<td>Strawberry Banana</td>
<td>Oatmeal or Plain Oatmeal</td>
<td>Oatmeal or Cream of Wheat</td>
<td>Oatmeal or Cream of Wheat</td>
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<tr>
<td>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.</td>
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<td><strong>Lunch:</strong> 12:15pm</td>
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<td>Roast Beef or Baked Turkey</td>
<td>Bone-In Dijon Pork Chop or Baked salmon</td>
<td>Beef &amp; Bean Burrito/ Cheese Sauce or Chicken Thighs</td>
<td>Fish Square on a bun or Pork Riblet &amp; Mashed Potato/Gravy</td>
<td>Hot Ham &amp; Cheese Sandwich or Chicken Thighs</td>
<td>Cheeseburger on a Bun or Hot Dog / bun</td>
<td>Lemon Cream Italian Meatballs or Baked Fish</td>
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<tr>
<td>Mashed Potatoes &amp; Gravy</td>
<td>Wild Rice or Mashed/Gravy</td>
<td>Spanish Rice or Mashed Potatoes</td>
<td>Lettuce / Tomato Pretzels &amp; Dip</td>
<td>Steak fries or Mashed/gravy</td>
<td>Canned Fruit</td>
<td>或 Baked Potato or Mixed Potatoes</td>
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<tr>
<td>Diced Carrots or Beets</td>
<td>Santa Fe Veg or Wax Beans</td>
<td>Confetti Corn or Cauliflower</td>
<td>3 Bean Salad or Winter Blend Peaches</td>
<td>French String Beans or Cauliflower</td>
<td>烏龍苗 or Pickled Beets</td>
<td>Wheat Bread Strawberries or Canned Fruit</td>
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<tr>
<td>Wheat Bread</td>
<td>Red Velvet Cake or Pudding</td>
<td>Angel Food Cake with Strawberries or Canned Fruit</td>
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<td>Orange Dream Frozen Yogurt or Canned Fruit</td>
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<td><strong>Supper:</strong> 5:30pm</td>
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<td>Chicken Patty on a Bun or Baked Fish</td>
<td>Ham &amp; Potato Casserole or Chicken Nuggets &amp; Mashed Potatoes</td>
<td>Beef Spaghetti Casserole or Turkey Patty &amp; Mashed &amp; Gravy</td>
<td>Chicken Fried Rice Glazed in Peanut Sauce or Roast Beef Sandwich</td>
<td>Egg Salad Croissant or Pork Chop</td>
<td>Oven Fried Chicken or Kielbasa</td>
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<tr>
<td>Calico Beans or Mashed Potatoes</td>
<td>Beef Barley Soup Italian Blend Veg. or Broccoli</td>
<td>Pesto Spaghetti or Diced Carrots</td>
<td>Oriental Blend Veg or Diced Carrots</td>
<td>Georgia Rice or Mashed &amp; Gravy</td>
<td>German Potato Salad or Mashed Potatoes</td>
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<tr>
<td>Lettuce/Tomato Corn Cob or Green Beans</td>
<td>Mixed Berry Cup or Canned Fruit</td>
<td>Pickle Spear Tropical Fruit Jello or Fruit Sauce</td>
<td>Dinner Roll or Wheat Bread</td>
<td>Cucumber Salad w/ onion &amp; feta or Pickled Beets</td>
<td>Monaco Blend Veg or Asparagus</td>
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<tr>
<td>Creamy Fruit Salad w/ Toasted Coconut or Fruit Sauce</td>
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<td>Wheat Bread</td>
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**Week 3 Minnesota Veterans Home-Minneapolis Weekly Menu Calendar – Nursing Care**

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.