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.

<table>
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<tr>
<th>Week 3</th>
<th>Minnesota Veterans Home-Minneapolis Weekly Menu Calendar – DOMS</th>
<th>Fall/Winter</th>
<th>Erin Zwonitzer, MS, RD, LD</th>
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</table>

### Breakfast Options

- **Sunday 03/08/20**
  - Fruit Juice
  - Hard Boiled Eggs or Scrambled Eggs
  - Wheat Toast & Jelly
  - Spiced Oatmeal or Grits

- **Monday 03/09/20**
  - Fruit Juice
  - Scrambled Eggs or Hard Boiled Eggs
  - Cream of Wheat or Oatmeal
  - Glazed Donut or Wheat Toast & Jelly

- **Tuesday 03/10/20**
  - Fruit Juice
  - Denver Egg Muffin or Scrambled Eggs
  - Wheat Toast & Jelly or Oatmeal
  - Oatmeal or Malt o Meal

- **Wednesday 03/11/20**
  - Fruit Juice
  - Sausage Gravy & Biscuit
  - Scrambled Eggs or Hard Boiled Eggs
  - Wheat Toast & Jelly Oatmeal or Grits

- **Thursday 03/12/20**
  - Fruit Juice
  - Ham and Egg Breakfast Sandwich or Scrambled Eggs
  - Oatmeal or Cream of Wheat Wheat Toast & Jelly

- **Friday 03/13/20**
  - Fruit Juice
  - Fried Eggs or Scrambled Eggs
  - Oatmeal or Grits

- **Saturday 03/14/20**
  - Fruit Juice
  - Hard Boiled Eggs or Scrambled Eggs
  - Wheat Toast & Jelly or Grits

### Lunch Options

- **Sunday 03/08/20**
  - Bone-in Pork Chop with Honey Glaze Stuffing
  - Peas & Onions
  - Wheat Bread
  - Assorted Pie
  - Please see always available/ cook to order menu & salad bar

- **Monday 03/09/20**
  - Meatloaf
  - Homemade Mashed Potatoes & Gravy
  - Broccoli
  - Wheat Roll
  - Blueberries w/ Topping
  - Please see always available/ cook to order menu & salad bar

- **Tuesday 03/10/20**
  - Sweet and Sour Chicken
  - Asian Rice
  - Creamed Corn
  - Wheat Bread
  - Fruit Salad
  - Please see always available/ cook to order menu & salad bar

- **Wednesday 03/11/20**
  - Roast Beef
  - Baked Potato
  - Candied Brussel Sprouts
  - Wheat Roll
  - Mangoes
  - Please see always available/ cook to order menu & salad bar

- **Thursday 03/12/20**
  - Breaded Veal
  - Broccoli Cheese Soup
  - Green Beans
  - Wheat Bread
  - Mandarin Oranges
  - Please see always available/ cook to order menu & salad bar

- **Friday 03/13/20**
  - Country Fried Steak
  - Homemade Mashed Potato & Gravy
  - Asparagus
  - Wheat Bread
  - Carnival Cookie
  - Please see always available/ cook to order menu & salad bar

### Supper Options

- **Sunday 03/08/20**
  - Beef Stew
  - Over a Biscuit
  - Roasted Cauliflower Grapes
  - Please see always available/ cook to order menu & salad bar

- **Monday 03/09/20**
  - Chicken Strips
  - Potato Chips
  - Split Pea Soup
  - Wheat Bread
  - Cookies & Cream Mousse
  - Please see always available/ cook to order menu & salad bar

- **Tuesday 03/10/20**
  - Mostaccioli
  - w/ Parmesan Snap Peas
  - Garlic Biscuit Pears
  - Please see always available/ cook to order menu & salad bar

- **Wednesday 03/11/20**
  - Salisbury Steak
  - Rosemary Reds
  - Monaco Blend Veg
  - Wheat Bread
  - Spiced Cake
  - Please see always available/ cook to order menu & salad bar

- **Thursday 03/12/20**
  - Egg Salad on a Croissant
  - Tater Tots
  - Steamed Radishes
  - Wheat Bread
  - Fruited Gelatin
  - Please see always available/ cook to order menu & salad bar

- **Friday 03/13/20**
  - Tavern Pollock
  - Macaroni & Cheese Diced Carrots
  - Wheat Bread
  - Toffee Bar
  - Please see always available/ cook to order menu & salad bar

- **Saturday 03/14/20**
  - Calzone
  - Tomato Basil Soup
  - Winter Blend Fruit Cocktail
  - Please see always available/ cook to order menu & salad bar
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<tr>
<th>Time</th>
<th>Day</th>
<th>Wednesday 03/11/20</th>
<th>Thursday 03/12/20</th>
<th>Friday 03/13/20</th>
<th>Saturday 03/14/20</th>
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<tr>
<td></td>
<td>Breakfast</td>
<td><strong>Breakfast:</strong> 7:30am Fruit Juice Scrambled Eggs or Hard Boiled Eggs or Crumb Donut or Wheat Toast &amp; Jelly Oatmeal or Grits</td>
<td><strong>Breakfast:</strong> 7:30am Fruit Juice Denver Egg Bake or Scrambled Eggs Wheat Toast &amp; Jelly Oatmeal or Malt o Meal</td>
<td><strong>Breakfast:</strong> 7:30am Fruit Juice Egg Patty on English muffin w/ Hollandaise sauce or Scrambled Eggs or Hard Boiled Eggs or Wheat toast &amp; Jelly Oatmeal or Oatmeal</td>
<td><strong>Breakfast:</strong> 7:30am Fruit Juice Hard Boiled Eggs or Scrambled Eggs Cinnamon Raisin Toast or Wheat Toast &amp; Jelly Oatmeal or Grits</td>
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<td>Lunch</td>
<td><strong>Lunch:</strong> 12:15pm Open Faced Meatloaf Sandwich or Baked Fish Mashed Potatoes &amp; Gravy Sautéed Mushrooms, Onions, Green peppers or Broccoli Blueberries w/ Topping or Pears</td>
<td><strong>Lunch:</strong> 12:15pm Baked Turkey or Chicken Breast Baked Potato or Mashed/Gravy Creamed Spinach or Squash Wheat Bread Chocolate Cake or Canned Fruit</td>
<td><strong>Lunch:</strong> 12:15pm Sweet and Sour chicken or Turkey Patty O’Brien Potatoes or Mashed &amp; Gravy Candied Brussels Sprouts or Winter Blend Wheat Bread Mangos or Lemon Pudding</td>
<td><strong>Lunch:</strong> 12:15pm Country Fried Steak or Kielbasa Mashed Potato &amp; Gravy Midwest Blend Veg or Asparagus Wheat Bread Carnival Cookie or Canned Fruit</td>
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<td>Supper</td>
<td><strong>Supper:</strong> 5:30pm Chicken Strips or Bologna SW/Lettuce Potato Chips or Mashed Potatoes Split Pea Soup Corn or Diced Carrots Wheat Bread Cookies and Cream Mousse or Pudding</td>
<td><strong>Supper:</strong> 5:30pm Salisbury Steak or Boneless Pork Chop Rosemary Redskins or Snap Peas Garlic Biscuit or Bread Pears or Canned fruit</td>
<td><strong>Supper:</strong> 5:30pm BBQ Riblet Sandwich or Baked Veal Cream of Broccoli Soup or Mashed Potatoes Corn on the Cob or Green Beans Mandarin Oranges or Canned Fruit</td>
<td><strong>Supper:</strong> 5:30pm Calzone or Meatballs Chicken noodle soup or Mashed Potatoes 3 Bean Salad or Brussel Sprouts Fruit Cocktail or Applesauce</td>
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