

**Minneapolis Veteran's Home Adult Day Center
Fall/Winter Lunch Menu October 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. Chef's Choice: Meal will include a protein, starch, vegetable, fruit, and milk Menu details will be posted in the ADC dining room before breakfast on 10/3</p>	<p>4. Celebrate Oktoberfest Bratwurst w/Sauerkraut Potato Pancakes German Cucumber Salad Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>5. Chicken Tenders Macaroni and Cheese Green Peas Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>6. Sweet and Sour Shrimp Fried Rice Asian Blend Vegetables Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>7. French Dip w/ Au Jus French Fries Mixed Vegetables Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>
<p>10. Tator Tot Hotdish Green Beans Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>11. Chef's Choice: Meal will include a protein, starch, vegetable, fruit, and milk Menu details will be posted in the ADC dining room before breakfast on 10/11</p>	<p>12. Lasagna Garlic Toast Italian Blend Vegetables Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>13. Sloppy Joes Potato Chips Coleslaw Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>14. Shredded Chicken Tacos with Fixings Spanish Rice Corn Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>
<p>17. Spaghetti and Meatballs Breadstick Italian Blend Vegetables Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>18. Grilled Ham and Cheese Tomato Soup Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>19. Chef's Choice: Meal will include a protein, starch, vegetable, fruit, and milk Menu details will be posted in the ADC dining room before breakfast on 10/19</p>	<p>20. Beef Stroganoff over Egg Noodles Roasted Carrots Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>21. Chili Cornbread Mixed Vegetables Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>
<p>24. BBQ Ribs Corn Bread Cream Corn Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>25. Chicken Parmesan over Egg Noodles Breadstick Green Beans Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>26. Fish Sandwich Potato Chips Coleslaw Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>27. Chef's Choice: Meal will include a protein, starch, vegetable, fruit, and milk Menu details will be posted in the ADC dining room before breakfast on 10/27</p>	<p>28. Swedish Meatballs over Egg Noodles Green Beans Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>
<p>31. Happy Halloween-Spooktacular Chef Choice Meal Meal will include a protein, starch, vegetable, fruit, and milk Menu details will be posted in the ADC dining room before breakfast on 10/31</p>				

- *Breakfast will be chef's choice and will include starch, fruit, and meat
- **Beverage Choices at meals include milk, juice, lemonade, coffee, and tea
- ***Monthly Menu is subject to change without notice

Written by: Nate Herzog- Cook Coordinator ADC
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