


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

Monday	Tuesday	Wednesday	Thursday	Friday
			1. Sloppy Joes on Bun Potato Chips Corn Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	2. Fish Sandwich French Fries Coleslaw Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice
5. <b>Chef's Choice:</b> Meal will include a protein, starch, vegetable, fruit, and milk  Menu details will be posted in the ADC dining room before breakfast on 12/5	6. French Dip w/ Au Jus Potato Cakes Sliced Cucumbers Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	7. Swedish Meatball over Egg Noodles Green Beans Sliced Cucumbers Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	8. BBQ Ribs Corn Bread Coleslaw Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	9. Roasted Chicken Oven Brown Potatoes Cooked Carrots Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice
12. Lasagna Breadstick Italian Vegetables Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	13. <b>Chef's Choice:</b> Meal will include a protein, starch, vegetable, fruit, and milk  Menu details will be posted in the ADC dining room before breakfast on 12/13	14. Chicken Wild Noodle Casserole Cooked Carrots Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	15. Lemon Pepper Fish Seasoned Rice Green Beans Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	16. Chili Corn Bread Mixed Vegetables Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice
19. Chicken Parmesan over Egg Noodles Breadstick Corn Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	20. Tomato Soup Grilled Cheese Sandwich Sliced Cucumbers Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	21. <b>Chef's Choice:</b> Meal will include a protein, starch, vegetable, fruit, and milk  Menu details will be posted in the ADC dining room before breakfast on 12/21	22. Scalloped Potatoes & Ham Cooked Carrots Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	23. Celebrate the Holidays Roasted Turkey Stuffing & Mashed Potatoes Green Beans Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice
26. ADC CLOSED  	27. Tater Tot Hotdish Green Beans Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice	28. <b>Chef's Choice:</b> Meal will include a protein, starch, vegetable, fruit, and milk  Menu details will be posted in the ADC dining room before breakfast on 12/28	29. <b>Chef's Choice:</b> Meal will include a protein, starch, vegetable, fruit, and milk  Menu details will be posted in the ADC dining room before breakfast on 12/29	30. <b>Chef's Choice:</b> Meal will include a protein, starch, vegetable, fruit, and milk  Menu details will be posted in the ADC dining room before breakfast on 12/30

\*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  
 Approved by: *Jennifer Knutson RD, LD*