
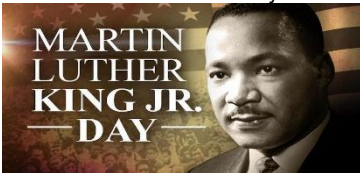


**Minneapolis Veteran's Home Adult Day Center
Fall/Winter Lunch Menu January 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. ADC CLOSED – New Years Day</p> 	<p>3.</p> <p align="center">Chef's Choice:</p> <p>Meal will include a protein, starch, vegetable, fruit, and milk</p> <p>Menu details will be posted in the ADC dining room before breakfast on 1/3</p>	<p>4.</p> <p align="center">Chef's Choice:</p> <p>Meal will include a protein, starch, vegetable, fruit, and milk</p> <p>Menu details will be posted in the ADC dining room before breakfast on 1/4</p>	<p>5. Celebrating National Soup Month</p> <p>Soup of the Day Egg Salad Sandwich Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>6.</p> <p>Shepherd's Pie Mixed Vegetables Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>
<p>9.</p> <p>Roast Beef Mashed Potatoes & Gravy Cooked Carrots Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>10.</p> <p align="center">Chef's Choice:</p> <p>Meal will include a protein, starch, vegetable, fruit, and milk</p> <p>Menu details will be posted in the ADC dining room before breakfast on 1/10</p>	<p>11. Celebrating National Soup Month</p> <p>Soup of the Day Chicken Salad Sandwich Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>12.</p> <p>Open Faced Turkey Sandwich with Gravy Cooked Carrots Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>13.</p> <p>Loaded Baked Potato Bar Choice of meat, vegetable, and toppings will be offered Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>
<p>16. ADC CLOSED- MLK Day</p> 	<p>17. Celebrating National Soup Month</p> <p>Tomato Soup Grilled Ham & Cheese Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>18.</p> <p align="center">Chef's Choice:</p> <p>Meal will include a protein, starch, vegetable, fruit, and milk</p> <p>Menu details will be posted in the ADC dining room before breakfast on 1/18</p>	<p>19.</p> <p>Spaghetti with Meat Sauce Breadstick Mixed Vegetable Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>20.</p> <p>BBQ Ribs Corn Bread Coleslaw Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>
<p>23. Celebrating National Soup Month</p> <p>Soup of the Day Ham Salad Sandwich Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>24.</p> <p>Country Fried Steak Mashed Potatoes with Gravy Corn Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>25.</p> <p>Chicken Cordon Bleu Mashed Potatoes Side Salad Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>26.</p> <p align="center">Chef's Choice:</p> <p>Meal will include a protein, starch, vegetable, fruit, and milk</p> <p>Menu details will be posted in the ADC dining room before breakfast on 1/26</p>	<p>27.</p> <p>Beef Stew over Biscuit Green Peas Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>
<p>30.</p> <p>Cheeseburger on a Bun French Fries Side Salad Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</p>	<p>31.</p> <p>Chicken Noodle Casserole Mixed Vegetables Seasonal Fruit <u>Afternoon Social:</u> Chef's Choice</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

Approved by: *Jennifer Knutson* RD, LD