## Week 1 Minnesota Veterans Home-Minneapolis Weekly Menu – Nursing Care

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Fall/Winter 2025

Jeanine Arneberg LD, RDN Denotes new menu items

Coffee, Milk and Margarine will be offered with all meals. Menu subject to change and notice posted. Soup, white rice, and mashed potatoes with gravy is available at lunch and supper.

| Sunday 04/06/2025   | Monday 04/07/2025  | Tuesday 04/08/2025   | Wednesday 04/09/2025   | Thursday 04/10/2025   | Friday 04/11/2025  | Saturday 04/12/2025   |
|---|--|--|--|---|--|---|
| reakfast: 7:30 AM ruit Juice crambled Eggs or Hard Boiled Eggs atmeal or Spiced Oatmeal ashbrown Patty or Theat Toast & Jelly  unch: 12:15 PM eef Pot Roast or Turkey Roast & ravy lashed Potatoes /Gravy teamed Baby Carrots or Cream Corn Wheat Bread ssorted Fruit Pie or Canned Fruit oup of the Day ew England Clam howder | Breakfast: 7:30 AM Fruit Juice Hard Boiled Eggs or Scrambled Eggs Oatmeal or Malt-O-Meal Pancakes w/ Blueberry Sauce Or Wheat Toast & Jelly  Lunch: 12:15 PM Chicken Enchilada Pork Frank and Beans Cilantro Lime Rice or Mashed Potatoes w/ Gravy Creamed Corn or Diced Rutabaga Spiced Peaches or Canned Fruit  Soup of the Day Minestrone | Breakfast: 7:30 AM Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Corn Grits Pork Bacon Wheat Toast & Jelly  Lunch: 12:15 PM Cube Steak or Chicken Thigh Mashed Sweet Potatoes or Mashed Potato/Gravy Pickled Beets Or Spinach Wheat Bread Hot Apple Compote or Canned Fruit  Soup of the Day Chicken Enchilada | Breakfast: 7:30 AM Fruit Juice Cheesy Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Cream of Wheat Wheat Toast & Jelly  Lunch: 12:15 PM Beer Batter Pollock or Cabbage Roll Parmesan Rice or Mashed Potatoes/ Gravy Green Bean Casserole or Buttered Peas Wheat Bread Rosey Pears or Canned Fruit Soup of the Day Broccoli Cheddar | Breakfast: 7:30 AM Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Malt-O-Meal Biscuit & Sausage Gravy or Wheat Toast & Jelly  Lunch: 12:15 PM Marinated Venison Steak or Beef Meatballs Mashed Potatoes/ Mushroom Gravy Cubed Butternut Squash or Lima Beans Dinner Roll or Wheat Bread Poke Cake or Canned Fruit Sponsored by Military Order of the Cooties, Grand of MN  Soup of the Day Chicken Wild Rice | Breakfast: 7:30 AM Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Corn Grits Cherry Streusel Stick or Wheat Toast & Jelly  Lunch: 12:15 PM Fish Square on a Bun w/ LTO or Cheese Pizza Plain Potato Chips or Mashed Potatoes/Gravy Creamy Coleslaw or Green Beans Oatmeal Raisin Cookie w/ Glaze or Canned Fruit Soup of the Day Vegetable Noodle | Breakfast: 7:30 AM Fruit Juice Hard-Boiled Eggs or Scrambled Eggs Sausage Links Oatmeal or Cream of Wheat Wheat Toast & Jelly  Lunch: 12:15 PM Swiss Steak or Liver & Onions Baked Potato w/ Sour Cream or Mashed Potatoes & Gravy Scandinavian Blend or Prince Edward Blend Wheat Bread Rice Pudding or Canned Fruit Soup of the Day White Chicken Chili |
| Supper: 5:30 PM BBQ Pork Riblet w/ Mashed Potatoes/Gravy or Cheese Tortellini in White Sauce Orange Muffin Zucchini or Diced Beets Strawberry Parfait or Canned Fruit Soup of the Day New England Clam Chowder  | Chicken Tenders or Beef Stuffed Pepper Tater Tots or Mashed Potatoes/Gravy Midwest Veg. Blend or Cauliflower Apricots or Canned Fruit  Soup of the Day Minestrone  | Supper: 5:30 PM Beef & Sausage Spaghetti   or Turkey SW w/ LTO   w/ Mashed Potatoes/Gravy Italian Vegetables   or Broccoli Breadstick   or Wheat Bread Sugar Cookie   or Canned Fruit Soup of the Day Chicken Enchilada  | Supper: 5:30 PM Hungarian Beef w/ Noodles or Baked Fish & Mashed Potatoes w/ Gravy Diced Sweet Potatoes or Diced Carrots Wheat Bread Chocolate Peanut Butter Mousse or Canned Fruit Soup of the Day Broccoli Cheddar   | Supper: 5:30 PM Cheeseburger on a Bun w/ LTO or Honey BBQ Pork Loin & Mashed Potatoes/Gravy Steamed Brussels Sprouts or Wax Beans Tropical Fruit or Applesauce Soup of the Day Chicken Wild Rice  | Supper: 5:30 PM  Beef Lasagna   or Teriyaki Salmon on a Bun Roasted Asparagus or   V8 Juice Wheat Bread Pineapple   or Canned Fruit  Soup of the Day Vegetable Noodle  | Supper: 5:30 PM  Oven Fried Chicken or Brat Patty on Bun  Mashed Potatoes/Gra  Diced Carrots or Sauteed Peppers w/ Onions  Wheat Bread Grapes or Canned Fruit  Soup of the Day White Chicken Chili  |

Fall/Winter

2025

Jeanine Arneberg, RD, LDN



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Denotes new menu items

Coffee, Milk and Margarine will be offered with all meals. Menu subject to change and notice posted. Always Available/Cook to Order Menu, will be offered & posted in dining room for lunch and supper. Soup, salad, wheat bread, mashed potatoes/gravy are available at lunch & supper.

| Sunday 04/06/2025   | Monday 04/07/2025  | Tuesday 04/08/2025  | Wednesday 04/09/2025  | Thursday 04/10/2025  | Friday 04/11/2025   | Saturday 04/12/2025   |
|---|--|---|---|--|---|---|
| Breakfast: Fruit Juice Breakfast Burrito Wheat Toast & Jelly Oatmeal or Cream of Wheat  | Breakfast: Fruit Juice Sausage Gravy & Biscuit Scrambled Eggs Corn Grits or Oatmeal  | Breakfast: Fruit Juice Baked Eggs Canadian Bacon Wheat Toast & Jelly Oatmeal or Malt-O-Meal                               | Breakfast: Fruit Juice Scrambled Eggs Donut Holes Cheesy Grits or Oatmeal   | Breakfast: Fruit Juice Hard-Boiled Eggs Waffles/Syrup Cream of Wheat or Oatmeal  | Breakfast: Fruit Juice Fried Eggs English Muffin Oatmeal or Grits   | Breakfast: Fruit Juice Scrambled Eggs Cinnamon Raisin Bagel Pork Bacon Oatmeal or Cream of Wheat                                |
| Lunch 11:45 am:  Beef Pot Roast/Gravy Homemade Mashed Potatoes/Gravy Dill Carrots Dinner Roll Cream Pie  Soup of the Day Chefs Choice | Lunch 11:45 am:  Chicken Enchilada Tortilla chips w/ salsa Confetti Corn Apple Crisp with Whipped Topping  Soup of the Day Beef and barley | Lunch 11:45 am:  Cubed Steak w/ Mushroom Gravy Baked Potato Green Beans Spiced Peaches  Soup of the Day Chicken Wild Rice | Lunch 11:45 am:  Oven Fried Chicken Scalloped Potatoes Savery Root Vegetables Wheat bread Fresh Grapes  Soup of the Day Cream of Potato w/Bacon | Lunch 11:45 am:  Venison Hunter Stew w/Biscuit Or Hot Dog on a Bun Potato Chips Diced Carrots Frosted Cake Sponsored by Military Order of the Cooties, Grand of MN Soup of the Day Broccoli and Cheese | Lunch 11:45 am: Fried Chicken in L.L Lounge   | Lunch 11:45 am:  Smothered Pork Chop Buttered Mashed Potatoes Green Bean Casserole Snickerdoodle Cookie  Soup of the Day Lentil |
| Supper:  Sweet & Sour Shrimp over White Rice Buttered Peas Strawberry Parfait  Soup of the Day Chefs Choice                           | Beef Stuffed Peppers Mashed Potato w/Gravy Mixed Vegetable Wheat Bread Carnival Cookie Soup of the Day Beef and barley                     | Supper:  Kielbasa Sausage Cubed Potatoes Sauerkraut Pumpkin Bar  Soup of the Day Chicken Wild Rice                        | Supper:  Beef Spaghetti Italian Vegetables Garlic Breadsticks Chocolate Brownie  Soup of the Day Cream of Potato w/Bacon                        | Supper:  Turkey Patty/Bun W/Lettuce/Tom/Onion Potato O'Brien Baked Beans Tropical Fruit  Soup of the Day Broccoli and Cheese   | Supper:  Beer Batter Pollock  Parmesan Rice  Spinach  Wheat Bread  Fruited Gelatin w/  Whipped Topping  Soup of the Day  Tomato | Supper:  Salmon Fillet w/ Dill Sauce Diced Carrots Wheat Bread Fresh Fruit  Soup of the Day Lentil                              |