

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

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 05/04/2025	Monday 05/05/2025	Tuesday 05/06/2025	Wednesday 05/07/2025	Thursday 05/08/2025	Friday 05/09/2025	Saturday 05/10/2025
Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard Boiled Eggs Oatmeal or Spiced Oatmeal Hashbrown Patty or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Hard Boiled Eggs or Scrambled Eggs Oatmeal or Malt-O-Meal Pancakes w/ Blueberry Sauce Or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Corn Grits Pork Bacon Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Cheesy Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Cream of Wheat Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Malt-O-Meal Biscuit & Sausage Gravy or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Corn Grits Cherry Streusel Stick or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Hard-Boiled Eggs or Scrambled Eggs Sausage Links Oatmeal or Cream of Wheat Wheat Toast & Jelly
Lunch: 12:15pm Beef Pot Roast or Turkey Roast & Gravy Mashed Potatoes w/Gravy Steamed Baby Carrots or Diced Rutabaga Wheat Bread Assorted Fruit Pie or Canned Fruit Soup of the Day  New England Clam Chowder	Lunch: 12:15pm Special: \$8.00  Beef Taco Pork Frank and Beans Mexican Rice or Mashed Potatoes w/ Gravy Mexican Street Corn Salad or Cream Corn Cream Cheese filled Churro  or Canned Fruit Soup of the Day  Minestrone	Lunch: 12:15pm 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	Lunch: 12:15pm 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	Lunch: 12:15pm Homestyle Meatloaf or Chicken Breast Potato Cubes or Mashed Potatoes & Gravy Lima Beans or Cubed Butternut Squash Wheat Bread Poke Cake or Canned Fruit Soup of the Day  Chicken Wild Rice	Lunch: 12:15pm 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	Lunch: 12:15pm 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: 5:30pm 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	Supper: 5:30pm 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: 5:30pm 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: 5:30pm 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: 5:30pm 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: 5:30pm 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: 5:30pm Oven Fried Chicken or Brat Patty on Bun Mashed Potatoes/Gravy Diced Carrots or Sauteed Peppers w/ Onions Wheat Bread Grapes or Canned Fruit Soup of the Day  White Chicken Chili

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.

★ Denotes new menu items

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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 Made to Order In Main Dining Room	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: Beef Pot Roast/Gravy Homemade Mashed Potatoes/Gravy Dill Carrots Dinner Roll Cream Pie  Soup of the Day Chefs Choice	Lunch: Special: \$8.00  Smothered Chicken Enchilada Tortilla Chips w/ Salsa Mexican Street Corn Salad Cream Cheese filled Churro  Soup of the Day Beef and barley	Lunch: Cubed Steak w/ Mushroom Gravy Baked Potato Green Beans Spiced Peaches  Soup of the Day Chicken Wild Rice	Lunch: Oven Fried Chicken Scalloped Potatoes Savery Root Vegetables Wheat bread Fresh Grapes  Soup of the Day Cream of Potato w/Bacon	Lunch: Homestyle Meatloaf Mashed Potatoes/ Gravy Acorn Squash Wheat Bread Cherry Dump Cake  Soup of the Day Broccoli and Cheese	Lunch: Grilled Cheese Sandwich Potato Chips Peas & Carrots Chocolate Peanut Butter Mousse  Soup of the Day Tomato	Lunch: 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	Supper: Stuffed Shells w/ Alfredo Sauce Mixed Vegetable Garlic Bread Canned Fruit  Soup of the Day Beef and barley	Supper: Kielbasa Sausage Cubed Potatoes Sauerkraut Pumpkin Bar  Soup of the Day Chicken Wild Rice	Supper: Beer Batter Pollock Parmesan Rice Spinach Wheat Bread 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: Beef Spaghetti Italian Vegetables Garlic Breadsticks 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