Week 2 Minnesota Veterans Home-Minneapolis Weekly Menu – Nursing Care

Fall/Winter

2025

Sunday 06/08/2025	Monday 06/09/2025	Tuesday 06/10/2025	Wednesday 06/11/2025	Thursday 06/12/2025	Friday 06/13/2025	Saturday 06/14/2025
Breakfast: 7:30am Fruit Juice Cheese Omelet or Scrambled Eggs Oatmeal or Malt-O-Meal Coffee Cake or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal w/ Blueberries or Plain Oatmeal Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Hard Boiled Eggs or Scrambled Eggs Oatmeal or Grits Breakfast Potatoes or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Egg Sausage Patty Oatmeal or Cream of Wheat Waffles w/ Syrup or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Hard Boiled Eggs or Scrambled Eggs Oatmeal or Cream of Wheat Assorted Danish or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard Boiled Eggs Oatmeal or Malt-O-Meal Pancakes w/ Syrup Or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Grits Pork Bacon Wheat Toast & Jelly
Lunch: 12:15 pm Baked Ham or Stuffed Broccoli Cheddar Chicken Breast Mashed Potatoes/ Gravy Steamed Brussels or Diced Beets Wheat Bread Fruit Pie or Canned Fruit Soup of the Day Split Pea and Ham	Lunch: 12:15 pm Chicken Tenders or Country Gravy Meatballs Spiral French Fries or Mashed Potato/Gravy Diced Carrots or Cubed Butternut Squash Wheat Bread Banana Pudding Dessert or Canned Fruit Soup of the Day Corn Chowder	Lunch: 12:15 pm Pork Carnitas Bake or Chicken Breast Pinto Beans or Mashed Potato w/Gravy Confetti Corn or Wax Beans Ice Cream Bar or Canned Fruit Soup of the Day Chicken Noodle	Lunch: 12:15 pm Shrimp Fettuccini Alfredo or Hard Salami Sandwich, LTO & Mashed Potatoes/Gravy Zucchini or Buttered Peas Garlic Toast Grapes or Canned Fruit Soup of the Day Stuffed Bell Pepper	Lunch: 12:15 pm Kielbasa or Baked Turkey w/ Gravy Mashed Potatoes or Baked Sweet Potato Sauerkraut or Diced Beets Wheat Bread Frosted Spice Cake or Canned Fruit Soup of the Day Tomato Soup	Lunch: 12:15 pm Caribbean Catfish or Bourbon Chicken Baked Mac & Cheese or Mashed Potatoes / Gravy Citrus Beets or Fried Okra Cheddar Biscuit or Wheat Bread Tropical Fruit or Canned Fruit Soup of the Day Loaded Cauliflower	Lunch: 12:15 pm Beef Stroganoff or Smothered Pork Chop Buttered Egg Noodles or Mashed Potatoes Gravy Lima Beans or Broccoli Wheat Bread Bread Pudding or Canned Fruit Soup of the Day Chicken and Rice
Supper: 5:30pm Tater Tot Hotdish or Egg Salad Croissant w/ Mashed Potatoes/ Gravy Fire Roasted Corn or Diced Carrots Wheat Bread Mandarin Oranges or Canned Fruit Soup of the Day Split Pea and Ham	Supper: 5:30pm Sweet & Sour Pork or Breaded Chicken Patty on a Bun Garlic White Rice or Mashed Potatoes /Gravy Oriental Blend or Diced Rutabaga Sugar Cookie or Applesauce Fortune Cookie Soup of the Day Corn Chowder	Supper: 5:30pm Loaded Beef Chili or Turkey Patty on a Bun & Mashed Potato/Gravy Breaded Cauliflower or Asparagus Corn Bread Mango or Canned Fruit Soup of the Day Chicken Noodle	Supper: 5:30pm Chopped Steak w/ Mushroom Gravy or Baked Fish Baked Potato or Mashed Potatoes/Gravy Italian Blend Vegetable or Broccoli Dinner Roll or Wheat Bread Pears or Canned Fruit Soup of the Day Stuffed Bell Pepper	Supper: 5:30pm Grilled Ham and Cheese or Beef Patty on a Bun w/ L, T & Pickle Potato Chips or Mashed Potato w/Gravy Cauliflower or Green Beans Gelatin Fruit Salad or Canned Fruit Soup of the Day Tomato Soup	Supper: 5:30pm Shepherd's Pie Or Fish Nuggets & Mashed Potatoes Collard Greens or Green Beans Wheat Bread Frosted Cupcake or Canned Fruit Soup of the Day Loaded Cauliflower	Supper: 5:30pm Hamburger on Bun w/ LTO, pickle or Salmon Dill Sauce Waffle Fries or Mashed/ Gravy Baked Beans or Spinach German Chocolate Cake or Canned Fruit Soup of the Day Chicken and Rice

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.

Jeanine Arneberg, LD, RDN Denotes new menu items

Week 2 Minnesota Veterans Home-Minneapolis Weekly Menu – DOMS

Fall/Winter

Coffee, Milk, Yogurt, Juice, Fruit, Bread and Margarine will be offered with all posted. Menu subject to change and notice posted. *Denotes new n* Always Available/Cook to Order Menu, will be offered & posted in dining room for lunch and supper. Soup, salad bar, mashed potatoes & gravy are available at lunch and supper.

Sunday 6/8/2025	Monday 6/9/2025	Tuesday 6/10/2025	Wednesday 6/11/2025	Thursday 6/12/2025	Friday 6/13/2025	Saturday 6/14/2025
Breakfast: 6:45am Fruit Juice Cheesy Scrambled Eggs Sausage Links Wheat Toast & Jelly Oatmeal Or Cream of Wheat	Breakfast: 6:45am Fruit Juice Hard Boiled Eggs Fresh Cinnamon Roll Malt O Meal or Oatmeal	Breakfast: 6:45am Fruit Juice Scrambled Eggs Hashbrown Patty Oatmeal or Grits	Breakfast: 6:45am Fruit Juice Scrambled Eggs Sausage Patty Wheat Toast & Jelly Oatmeal or Cream of Wheat	Breakfast: 6:45am Fruit Juice Egg Bake Assorted Danish Oatmeal or Cream of Wheat	Breakfast: 6:45am Fruit Juice Fried Eggs Wheat Toast & Jelly Oatmeal or Grits	Breakfast: 6:45am Fruit Juice Scrambled Eggs Pork Bacon Wheat Toast & Jelly Cream of Wheat or Oatmeal
Lunch: 11:45am Baked Ham Mac and Cheese Peas Fruit Pie Soup of the Day Chef Choice	Lunch: 11:45am Chicken Tenders French Fries Roasted Broccoli Spice Cake Soup of the Day Navy Bean w/Ham	Lunch: 12:00pm Fried Chicken in L.L Lounge	Lunch: 11:45am Polish Sausage on a Bun Tatar Tots Diced Carrots Fresh Grapes Soup of the Day Cream of Potato w/Bacon	Lunch: 11:45am Chicken Chow Mein White Rice Asian Blend Vegetables Fortune Cookie Peach Cobbler Soup of the Day Tomato	Lunch: 11:45am Potato Crusted Pollock Rice Pilaf Steamed Cauliflower Pumpkin Mousse Soup of the Day Broccoli and Cheese	Lunch: 11:45am Beef Stroganoff Buttered Noodles Chef's Choice Veggie Wheat Bread Sherbet Ice Cream
Supper: 4:45pm Tater Tot Hotdish Buttered Diced Carrots Dinner Roll Mandarin Oranges Soup of the Day Chefs Choice	Supper: 4:45pm Meatballs w/ Country Gravy Buttered Noodles Creamy Spinach Wheat Bread Tropical Fruit Soup of the Day Navy Bean w/Ham	Supper: 4:45pm Loaded Chili w/ Sour Cream and Cheese Asparagus Corn Bread Frosted Cupcake Soup of the Day Chicken Wild Rice	Supper: 4:45pm Chopped Steak w/Mushroom Gravy Mashed Potatoes Collard Greens Wheat Bread Chocolate Brownie Soup of the Day Cream of Potato w/Bacon	Supper: 4:45pm Grilled Ham & Cheese Potato Chips Green Beans Ice Cream Cup Soup of the Day Tomato	Supper: 4:45pm Tuna Salad Sandwich w/ Onion and Pickles Potato Chips Fresh Broccoli w/Ranch Peaches Soup of the Day Broccoli and Cheese	Supper: 4:45pm California Burger on a Bun Baked Beans French Fries Fruit Salad Soup of the Day Chicken Noodle

Jeaníne Arneberg, LD, RDN