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.

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Sunday 06/29/2025	Monday 06/30/2025	Tuesday 07/01/2025	Wednesday 07/02/2025	Thursday 07/03/2025	Friday 07/04/2025	Saturday 07/05/2025
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 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	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 Hot Dog on a Bun or BBQ Chicken Potato Salad or Mashed Potatoes/Gravy Creamy Coleslaw or Green Beans Watermelon Ice-cream Bar or Canned Fruit Soup of the Day Vegetable Noodle	Lunch: 12:15pm Swiss Steak or Venison Stew 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 Beef Stew 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 Bunw/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

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 06/29/2025	Monday 06/30/2025	Tuesday 07/01/2025	Wednesday 07/02/2025	Thursday 07/03/2025	Friday 07/04/2025	Saturday 07/05/2025
Breakfast: 6:45am Fruit Juice Breakfast Burrito or Hard-Boiled Eggs Oatmeal or Cream of Wheat Wheat Toast & Jelly	Breakfast: 6:45am Fruit Juice Hard-Boiled Eggs or Scrambled Eggs Corn Grits Or Oatmeal Sausage Gravy & Biscuit or Wheat Toast & Jelly	Breakfast: 7:00am Breakfast Made to Order in Lower-Level Lounge	Breakfast: 6:45am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Cheesy Grits or Oatmeal Donut Holes or Wheat Toast & Jelly	Breakfast: 6:45am Fruit Juice Hard-Boiled Eggs Or Scrambled Eggs Cream of Wheat or Oatmeal Waffles/Syrup or Wheat Toast & Jelly	Breakfast: 6:45am Fruit Juice Fried Eggs Oatmeal or Grits Pork Bacon Wheat Toast & Jelly	Breakfast: 6:45am Fruit Juice Hard-Boiled Eggs or Scrambled Eggs Oatmeal or Cream of Wheat Cinnamon Raisin Bagel or Wheat Toast/Jelly
Lunch 11:45 am: Beef Pot Roast/Gravy Mashed Potatoes/Gravy Baby Carrots Rye Bread Cream Pie Soup of the Day Chicken Noodle	Lunch 11:45 am: Chicken Enchilada Tortilla chips w/ salsa Confetti Corn Apple Crisp with Whipped Topping Soup of the Day Split Pea w/Ham	Lunch 11:45 am: Cubed Steak w/ Mushroom Gravy Baked Potato Spinach Spiced Peaches Soup of the Day Chicken Wild Rice	Lunch 11:45 am: Kielbasa Sausage Cubed Potatoes Sauerkraut Pumpkin Bar Soup of the Day Cream of Potato w/Bacon	Lunch 11:45 am: Homestyle Meatloaf Mashed Potatoes/ Gravy Acorn Squash Wheat Bread Poke Cake Soup of the Day Broccoli and Cheese	Lunch 11:45 am: BBQ Chicken Potato Salad Creamy Coleslaw Watermelon Ice-cream Bar Soup of the Day Tomato	Lunch 11:45 am: Smothered Pork Chop Homemade Mashed Potatoes Green Bean Casserole Assorted Cookies Soup of the Day Vegetable Beef Barley
Supper: 4:45pm BBQ Pork Riblet on a Bun Lima Beans Tater Tots Strawberry Parfait Soup of the Day Chicken Noodle	Supper: 4:45pm Beef Stuffed Peppers Mashed Potato w/Gravy Mixed Vegetable Wheat Bread Carnival Cookie Soup of the Day Split Pea w/Ham	Supper: 4:45pm Beef Spaghetti Italian Vegetables Garlic Breadsticks Brownie Soup of the Day Chicken Wild Rice	Supper: 4:45pm Oven Fried Chicken Scalloped Potatoes Diced Carrots Wheat bread Fresh Grapes Soup of the Day Cream of Potato w/Bacon	Supper: 4:45pm Turkey Patty/Bun W/Lettuce/Tom/Onion Seasoned JoJo's Baked Beans Tropical Fruit Soup of the Day Broccoli and Cheese	Supper: 4:45pm Beer Batter Pollock Parmesan Rice Green Bean Wheat Bread Canned Fruit Soup of the Day Tomato	Supper: 4:45pm Hungarian Beef w/Noodles Diced Carrots Wheat Bread Chocolate Peanut Butter Mousse Soup of the Day Vegetable Beef Barley