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. Denotes new menu items **Sunday 07/20/2025** Monday 07/21/2025 **Tuesday 07/22/2025** Wednesday 07/23/2025 Thursday 07/24/2025 Friday 07/25/2025 Saturday 07/26/2025 **Breakfast: 7:30am Breakfast: 7:30am Breakfast: 7:30am Breakfast: 7:30am** Breakfast: 7:30am **Breakfast: 7:30am** Breakfast: 7:30am Fruit Juice Fried Eggs or Hard Boiled Eggs or Scrambled Eggs or **Scrambled Eggs** Fried Eggs Hard Boiled Eggs **Cheesy Scrambled Eggs** Scrambled Eggs Scrambled Eggs or Hard-Boiled Eggs or Scrambled Eggs or Scrambled Eggs Hard Boiled Eggs or Scrambled Eggs **Oatmeal Oatmeal** Oatmeal or **Oatmeal Sausage Links** Oatmeal Oatmeal or Malt-O-Meal or Cream of Wheat Or Malt-O-Meal **Oatmeal** or Corn Grits or Corn Grits Cream of Wheat French Toast/Syrup or Cream of Wheat Pork Bacon Wheat Toast & Jelly **Bagel w/ Cream Cheese** Sausage Gravy & Biscuit **Toasted English Muffin** Wheat Toast & Jelly Wheat Toast & Jelly Wheat Toast & Jelly or Wheat Toast/Jelly or Wheat Toast & Jelly or Wheat Toast & Jelly **Lunch: 12:15pm Lunch: 12:15pm Lunch: 12:15pm** Lunch: 12:15 pm Lunch: 12:15 pm **Lunch: 12:15pm Lunch: 12:15pm** Beef Ravioli Marinara Hamburger on a Bun w/ **Beef Roast Pork Carnitas Bake** Hot Dog on a Bun **Tater Tot Casserole Chicken Ala King** L/T/O, pickle or Bologna Sandwich w/ or Fish Square/Bun & or BBO Meatballs or Deli Chicken over a Biscuit or Pork Steak & Mashed lettuce/tomato & or Breaded Pork Patty **Mashed Potatoes & Gravy** Mashed/Gravy or Salisbury Steak Sandwich Potatoes/Gravy Mashed Potatoes/Gravy **Potato Salad Tortilla Chips** Monte Carlo Blend **Potato Chips** & Mashed Potatoes **Creamed Corn Breadstick** or Mashed Potatoes or Mashed/Gravy 7- Layer Salad or Collard Greens or Brussels Sprouts **Stewed Tomatoes Italian Vegetable Blend** Green Beans **Cowboy Caviar** Dinner Roll **Wheat Bread** or Pickled Beets or Mashed Squash or Diced Rutabaga or Lima Beans **Assorted Cream Pie** or Diced Carrots **Crushed Pineapple** Pickle Spear Mango **Sugar Cookie Fruit Tart** Lemon Cake or Canned Fruit Fruit Cocktail Marble Swirl Ice Cream or Canned Fruit or Canned Fruit or Canned Fruit or Canned Fruit Soup of the Day or Canned Fruit or Canned Fruit Soup of the Day Cheeseburger Chicken Gumbo Bean and Bacon Navy Bean and Ham French Onion Cream of Potato Chicken Cordon Bleu Supper: 5:30pm **Hot Open-Faced BBQ** Riblet **Pulled Chicken** Meatball Marinara & **Lemon Pepper Fish Egg Salad on Croissant** Basil Baked Cod 🛣 **Turkey Sandwich** Mozzarella Sub or Chicken Thigh Sandwich w/ Lettuce Leaf or Turkey Patty or Beef Stuffed Peppers or Baked Ham or Salmon w/ Dill Sauce w/ Gravy **Bacon Cheddar Mashed** or BBO Chicken Breast or Black Bean Burger **Baked Potato** or Potato Cubes or **Mashed Potatoes/Gravy** Mashed Potatoes/Gravv **Potatoes** Potato O'Brien Mashed Potatoes/Gravv French Fries or Mashed Potato/Gravy or Mashed w/ Gravy or Buttered Egg Noodles Fried Okra or Mashed Potatoes/Gravv Harvard Beets or Mashed Potatoes/Gravy **Cranberry Cole Slaw** Peas **Creamy Cucumber, Onion** or Cauliflower Fresh Carrots w/ Ranch Fresh Cold Snap Peas **Creamy Coleslaw** or Diced Beets or Zucchini Tomato Salad **Wheat Bread** or Broccoli **Wheat Bread** Blueberries w/ topping or Diced Carrots Wheat Bread Grapes or Diced Carrots Wheat Bread **Mandarin Orange** or Canned Fruit Pineapple Upside Or Canned Fruit **Wheat Bread Lime Gelatin & Pears Orange Italian Ice Gelatin Salad Down Cake Oatmeal Raisin Cookie** or Canned Fruit or Canned Fruit or Canned Fruit Soup of the Day Soup of the Day or Canned Fruit or Canned Fruit Soup of the Day Cheeseburger Soup of the Day Soup of the Day Cream of Potato Soup of the Day Soup of the Day Navy Bean and Ham Bean and Bacon French Onion Chicken Gumbo Chicken Cordon Bleu 22 23 25 26 27 24 28

## **Week 4 Minnesota Veterans Home-Minneapolis Weekly Menu – DOMS**

## **Spring/ Summer**

Jeanine Arneberg, LD, RDN

Coffee, Milk, Yogurt, Juice, Fruit, Bread and Margarine will be offered with all posted. Menu subject to change and notice posted.

Denotes new menu items

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 7/20/2025	Monday 7/21/2025	Tuesday 7/22/2025	Wednesday 7/23/2025	Thursday 7/24/2025	Friday 7/25/2025	Saturday 7/26/2025
Breakfast: 6:45am Fruit Juice Hard Boiled Eggs or Scrambled Eggs Bagel w/ Cream Cheese or Wheat Toast/Jelly Oatmeal or Corn Grits	Breakfast: 6:45am Fruit Juice Scrambled Eggs or Hard Boiled Eggs Bacon Wheat Toast & Jelly Oatmeal or Cream of Wheat	Breakfast: 6:45am Fruit Juice Baked Eggs or Scrambled Eggs French Toast or Soufflé Wheat Toast & Jelly Malt-O-Meal or Oatmeal	Breakfast: 6:45am Fruit Juice Scrambled Eggs or Hard Boiled Eggs Wheat Toast/Jelly Sausage Links Oatmeal or Corn Grits	Breakfast: 6:45am Fruit Juice Cheesy Scrambled Eggs or Baked Eggs Cream of Wheat or Oatmeal Wheat Toast & Jelly	Breakfast: 6:45am Fruit Juice Fried Eggs or Scrambled Eggs Sausage Gravy & Biscuit or Wheat Toast/Jelly Oatmeal or Cream of Wheat	Breakfast: 6:45am Fruit Juice Scrambled Eggs or Hard Boiled Eggs Wheat Toast & Jelly Oatmeal or Cream of Wheat
Lunch: 11:45am Beef Pot Roast Homemade Mashed Potatoes w/Gravy Prince Edwards Vegetable Blend Wheat Bread Assorted Pie Soup of the day Cream of Potato	Lunch: 11:45am Beef Ravioli w/Marinara Mixed Vegetables Garlic Bread Frosted Lemon Cake Soup of the day Chicken Noodle	Lunch: 11:45am  Pork Carnitas  Bean dip with Corn  Chips  Creamed Corn  Fruit Cocktail  Soup of the day  Garden Vegetable	Lunch: 11:45am Hamburger on a Bun w/ Lettuce, Tomato & Onion French Fries Green Beans Fruit Pizza Soup of the day Chicken Wild Rice	Lunch: 11:45am  Tater Tot Casserole Diced Carrots Wheat Bread Crushed Pineapple Soup of the day Beef Barley	Lunch: 11:45am Bratwurst on a Bun Potato Chips 7- Layer Salad Pickle Spear Marble Swirl Ice Cream Soup of the day Chicken Dumpling	Lunch: 11:45am Chicken Ala King over a Biscuit Lima Beans Mangos Soup of the day Chefs Choice
Pork Fritter w/ Country Gravy Buttered Egg Noodles Peas Wheat Bread Blueberries w/ topping Soup of the day Cream of Potato	Supper: 4:45pm  Texas Chicken Legs Garden Rice Diced Squash Dinner Roll Lime Gelatin & Pears  Soup of the day Chicken Noodle	Supper: 4:45pm  Meatball Marinara Sub w/ Mozzarella Potato Cubes Creamy Coleslaw Pineapple Upside Down Cake Soup of the day Garden Vegetable	Supper: 4:45pm  Stuffed Green Peppers Cauliflower Wheat Bread Mandarin Orange Gelatin Salad Soup of the day Chicken Wild Rice	Supper: 4:45pm  Egg Salad on Croissant w/ Lettuce Leaf O'Brien Potatoes Fresh Carrot Sticks & Ranch Dip Pears Soup of the day Beef Barley	Supper: 4:45pm  Open Faced Turkey Sandwich Mashed Potatoes w/Gravy Mixed Vegetables Fresh Grapes Soup of the day Chicken Dumpling	Supper: 4:45pm BBQ Riblet on Bun Bacon Cheddar Mashed Potatoes Creamy Cucumber Salad w/ Onions & Tomatoes Oatmeal Raisin Cookie Soup of the day Chefs Choice