

Sunday 09/28/2025	Monday 09/29/2025	Tuesday 09/30/2025	Wednesday 10/01/2025	Thursday 10/02/2025	Friday 10/03/2025	Saturday 10/04/2025
<b>Breakfast: 7:30am</b> Fruit Juice <b>Scrambled Eggs</b> or Hard-Boiled Eggs <b>Oatmeal</b> or Cream of Wheat <b>Cinnamon Roll</b> or Wheat Toast & Jelly	<b>Breakfast: 7:30am</b> Fruit Juice <b>Hard Boiled Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Malt-O-Meal <b>Sausage Links</b> <b>Wheat Toast &amp; Jelly</b>	<b>Breakfast: 7:30am</b> Fruit Juice <b>Fried Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Cream of Wheat <b>Hashbrown Patty</b> or Wheat Toast & Jelly	<b>Breakfast: 7:30am</b> Fruit Juice <b>Cheesy Scrambled Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Cream of Wheat <b>Bagel w/Cream Cheese</b> or Wheat Toast & Jelly	<b>Breakfast: 7:30am</b> Fruit Juice <b>Scrambled Eggs</b> or Hard-Boiled Eggs <b>Oatmeal</b> or Grits <b>Pork Bacon</b> <b>Wheat Toast &amp; Jelly</b>	<b>Breakfast: 7:30am</b> Fruit Juice <b>Hard Boiled Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Cream of Wheat <b>French Toast w/Syrup</b> or Wheat Toast & Jelly	<b>Breakfast: 7:30am</b> Fruit Juice <b>Scrambled Eggs</b> or Hard-Boiled Eggs <b>Oatmeal</b> or Malt-O-Meal <b>Banana Bread</b> or Wheat Toast & Jelly
<b>Lunch: 12:15pm</b> <b>Beef Pot Roast</b> or Chicken Breast <b>Baked Potato w/ Sour Cream</b> or Mashed Potatoes w/ Gravy <b>Diced Carrots</b> or Asparagus <b>Dinner Roll</b> <b>Cherry Pie</b> or Applesauce 🍲 Soup of the Day Split Pea and Ham	<b>Lunch: 12:15pm</b> <b>Fried Catfish</b> or Polish Sausage <b>Baked Mac and Cheese</b> or Mashed Potatoes w/ Gravy <b>Citrus Beets</b> or V8 <b>Wheat Bread</b> <b>Strawberry Shortcake</b> or Canned Fruit 🍲 Soup of the Day Corn Chowder	<b>Lunch: 12:15pm</b> <b>Beef Stroganoff</b> Or Breaded Egg Plant <b>Buttered Egg Noodles</b> or Mashed Potatoes w/ Gravy <b>Broccoli</b> or Mixed Vegetables Wheat Bread <b>Butterscotch Pudding</b> or Canned Fruit 🍲 Soup of the Day Chicken Noodle	<b>Lunch: 12:15pm</b> <b>Hot Dog on Bun</b> or Chicken Thighs <b>Potato Chips</b> or Mashed Potatoes w/ Gravy <b>Lettuce Salad w/Ranch</b> or Wax Beans <b>Lemon Blueberry Cake</b> or Canned Fruit 🍲 Soup of the Day Stuffed Bell Pepper	<b>Lunch: 12:15pm</b> <b>Chicken Parmesan w/</b> <b>Noodles &amp; Marinara</b> or Salami Sandwich w/ lettuce, tomato, pickle & Mashed Potatoes/Gravy <b>Diced Carrots</b> or Collard Greens <b>Garlic Bread</b> <b>Assorted Italian Ice</b> or Canned Fruit 🍲 Soup of the Day Tomato Soup	<b>Lunch: 12:15pm</b> <b>Turkey Pot Pie</b> or Baked Pollock <b>Mashed Potatoes w/</b> <b>Gravy</b> <b>Green Beans</b> or Creamed Corn Wheat Bread <b>Watermelon</b> or Canned Fruit 🍲 Soup of the Day Loaded Cauliflower	<b>Lunch: 12:15pm</b> <b>BBQ Bone-In Pork Ribs</b> or Egg Salad Sandwich <b>Rosemary Red Potatoes</b> or Mashed Potatoes w/ Gravy <b>Lettuce Salad/ French</b> <b>Dressing</b> or Diced Beets <b>Wheat Bread</b> <b>Ice Cream Bar</b> or Canned Fruit Soup of the Day Chicken and Rice
<b>Supper: 5:30pm</b> <b>Chicken Chow Mein</b> <b>over White Rice</b> or Turkey Roast & Mashed Potatoes w/ Gravy <b>Vegetable Egg Roll</b> or Broccoli Wheat Bread <b>Grapes</b> or Canned Fruit 🍲 Soup of the Day Split Pea and Ham	<b>Supper: 5:30pm</b> <b>BBQ Meatballs</b> or Pork Cube Steak <b>Mashed Potatoes w/</b> <b>Gravy</b> <b>Peas</b> or Asparagus <b>Wheat Bread</b> <b>Fruited Gelatin</b> or Canned Fruit 🍲 Soup of the Day Corn Chowder	<b>Supper: 5:30pm</b> <b>Lime Chicken Soft</b> <b>Shell Tacos</b> or Black Bean Burger <b>Pinto Beans</b> or Mashed Potatoes/Gravy <b>Southwest Veg. Blend</b> or Fresh Cauliflower w/ Ranch <b>Carnival Cookie</b> or Canned Fruit 🍲 Soup of the Day Chicken Noodle	<b>Supper: 5:30pm</b> <b>Tatar Tot Hotdish</b> Or Seafood Salad on Croissant Mashed Potatoes/Gravy <b>Cubed Butternut</b> <b>Squash</b> or Diced Carrots <b>Mandarin Oranges</b> or Canned Fruit 🍲 Soup of the Day Stuffed Bell Pepper	<b>Supper: 5:30pm</b> <b>Grilled Cheese</b> <b>Sandwich</b> or Baked Ham <b>Potato Chips</b> or Mashed Potatoes/Gravy <b>Broccoli</b> or Sweet Corn Wheat Bread <b>Poke Cake</b> or Canned Fruit 🍲 Soup of the Day Tomato Soup	<b>Supper: 5:30pm</b> <b>Smothered Pork Chop</b> or Turkey Patty on a Bun <b>Au ’gratin Potatoes</b> or Mashed Potatoes /Gravy <b>Cauliflower</b> or Midwest Blend <b>Wheat Bread</b> <b>Fruit Salad</b> or Canned Fruit 🍲 Soup of the Day Loaded Cauliflower	<b>Supper: 5:30pm</b> <b>Chicken Tenders</b> or Swedish Meatballs <b>Parm. Pasta Salad</b> or Mashed Potatoes w/ Gravy <b>Wax Beans</b> or Diced Carrots <b>Cottage Cheese w/</b> <b>Peaches</b> or Canned Fruit 🍲 Soup of the Day Chicken and Rice

Week 2 Minnesota Veterans Home-Minneapolis Weekly Menu – DOMS				2025 Spring/Summer		Jeanine Arneberg, LD RDN
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 bar, mashed potatoes & gravy are available at lunch and supper.						
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<b>Breakfast: 6:45am</b> Fruit Juice Hard-Boiled Eggs or Scrambled Eggs Oatmeal or Cream of Wheat Cinnamon Roll or Wheat Toast & Jelly	<b>Breakfast: 6:45am</b> Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Malt-O-Meal or Oatmeal Wheat Toast & Jelly Sausage Patty	<b>Breakfast: 6:45am</b> Fruit Juice Hard Boiled Eggs or Scrambled Eggs French Toast or Wheat Toast & Jelly Oatmeal or Corn Grits	<b>Breakfast: 6:45am</b> Fruit Juice Cheesy Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Cream of Wheat Wheat Toast & Jelly	<b>Breakfast: 6:45am</b> Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Malt-O-Meal or Oatmeal Wheat Toast & Jelly	<b>Breakfast: 6:45am</b> Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Corn Grits Wheat Toast & Jelly Bacon	<b>Breakfast: 6:45am</b> Fruit Juice Hard-Boiled Eggs Or Scrambled Eggs Cream of Wheat or Oatmeal Banana Bread or Wheat Toast & Jelly
<b>Lunch: 11:45am</b> Baked Turkey Mashed Potatoes/Gravy Diced Carrots Dinner Roll Fruit Pie 🍲 Soup of the day Cream of Potato	<b>Lunch: 11:45am</b> Baked Fish Baked Mac and Cheese Diced Squash Wheat Bread Honey and Graham Cracker Mousse 🍲 Soup of the day Chicken Noodle	<b>Lunch: 11:45am</b> Beef Taco (soft or hard shell) Tortilla Chip w/Salsa Confetti Corn Fresh Fruit 🍲 Soup of the day Tomato	<b>Lunch: 11:45am</b> Cheeseburger on a Bun Baked Beans Potato Chips Lemon Bar 🍲 Soup of the day Chicken Wild Rice	<b>Lunch: 11:45am</b> Chicken Parmesan Noodles w/Marinara Diced Carrots Breadstick Watermelon 🍲 Soup of the day Vegetable	<b>Lunch: 11:45am</b> Polish Sausage on a Bun Sauerkraut French Fries Fruit Salad 🍲 Soup of the day Chicken Dumpling	<b>Lunch: 11:45am</b> BBQ Pork Ribs Potato Salad Sweet Corn Ice Cream Bar 🍲 Soup of the day Chefs Choice
<b>Supper: 4:45pm</b> Chicken Chow Mein over White Rice Vegetable Egg Roll Fortune Cookie Grapes 🍲 Soup of the day Cream of Potato	<b>Supper: 4:45pm</b> Chicken Caesar Wrap Pasta Salad Cottage Cheese & Peaches 🍲 Soup of the day Chicken Noodle	<b>Supper: 4:45pm</b> Grilled Cheese Tater Tots Green Beans Strawberry Poke Cake 🍲 Soup of the day Tomato	<b>Supper: 4:45pm</b> Meatballs and Gravy Mashed Potatoes/Gravy Asparagus Wheat Bread Fruited Gelatin 🍲 Soup of the day Chicken Wild Rice	<b>Supper: 4:45pm</b> Tuna Salad Sandwich Potato Chips Fresh Fruit Ice Cream Cup 🍲 Soup of the day Vegetable	<b>Supper: 4:45pm</b> Turkey Pot Pie Green Beans Cookie 🍲 Soup of the day Chicken Dumpling	<b>Supper: 4:45pm</b> Pulled Chicken Sandwich w/BBQ Sauce French Fries Pickle Creamy Coleslaw Melon Cup 🍲 Soup of the day Chefs Choice
8	9	10	11	12	13	14