

**Week 3 Minnesota Veterans Home - Minneapolis Weekly Menu Calendar – Nursing Care** **Spring/Summer 2025** *Jeanine Arneberg, LD, RDN*

Spring/Summer 2025 *Jeanine Arneberg, LD, RDN*

Jeanine Arneberg, LD, RDN

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 10/05/2025	Monday 10/06/2025	Tuesday 10/07/2025	Wednesday 10/08/2025	Thursday 10/09/2025	Friday 10/10/2025	Saturday 10/11/2025
<b>Breakfast: 7:30am</b> Fruit Juice <b>Fried Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Malt-O-Meal <b>Cherry Strudel Stick</b> or Wheat Toast w/ Jelly	<b>Breakfast: 7:30am</b> Fruit Juice <b>Hard Boiled Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Malt-O-Meal <b>Wheat Toast &amp; Jelly</b>	<b>Breakfast: 7:30am</b> Fruit Juice <b>Denver Scrambled Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Cream of Wheat <b>Toasted English Muffin</b> or Wheat Toast & Jelly	<b>Breakfast: 7:30am</b> Fruit Juice <b>Fried Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Grits <b>Blueberry Muffin</b> or Wheat Toast & Jelly	<b>Breakfast: 7:30am</b> Fruit Juice <b>Scrambled Eggs</b> or Hard-Boiled Eggs <b>Oatmeal</b> or Cream of Wheat <b>French Toast/ Syrup</b> or Wheat Toast & Jelly	<b>Breakfast: 7:30am</b> Fruit Juice <b>Hard Boiled Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Grits <b>Pork Bacon</b> <b>Wheat Toast &amp; Jelly</b>	<b>Breakfast: 7:30am</b> Fruit Juice <b>Scrambled Eggs</b> or Hard-Boiled Eggs <b>Oatmeal</b> or Malt-O-Meal <b>Wheat Toast &amp; Jelly</b>
<b>Lunch: 12:15pm</b> <b>Turkey Roast</b> Or Baked Ham <b>Bread Stuffing</b> or Mashed Potatoes/Gravy <b>Diced Carrots</b> or Asparagus <b>Dinner Roll</b> <b>Rhubarb Pie</b> or Canned Fruit  Soup of the Day Vegetable Beef	<b>Lunch: 12:15pm</b> <b>Polish Sausage w/</b> <b>Sauerkraut on a Bun</b> or Salmon Fillet w/ Dill Sauce & Mashed Potatoes/Gravy <b>Creamy Coleslaw</b> or Peas & Carrots Wheat Bread <b>Red Velvet Cake</b> or Canned Fruit  Soup of the Day Turkey Chili	<b>Lunch: 12:15pm</b> <b>Chicken Chimichanga</b> or BBQ Meatballs <b>Spanish Rice</b> or Mashed Potatoes/Gravy <b>Confetti Corn</b> or Fresh Broccoli/Ranch Wheat Bread <b>Strawberry Shortcake</b> or Canned Fruit  Soup of the Day Chicken and Dumpling	<b>Lunch: 12:15pm</b> <b>Oven Fried Chicken</b> or Ground Sausage in Alfredo Sauce <b>Mashed Potatoes/Gravy</b> or Buttered Penne Noodles <b>Stewed Tomatoes</b> or Lima Beans <b>Wheat Bread</b> <b>Peanut Butter Cookie</b> or Canned Fruit  Soup of the Day Creamy Tomato	<b>Lunch: 12:15pm</b> <b>Beef &amp; Sausage</b> <b>Spaghetti</b> or Turkey Patty on Bun <b>Green Beans</b> or Mashed Squash <b>Garlic Toast</b> <b>Peach Cobbler</b> or Applesauce  Soup of the Day Beef and Barley	<b>Lunch: 12:15pm</b> <b>Meatballs w/ Onion</b> <b>Gravy</b> or Salami Sandwich <b>Mashed Potatoes &amp; Gravy</b> or Potato Chips <b>Mixed Vegetables</b> or Peas <b>Wheat Bread</b> <b>Grapes or</b> Canned Fruit  Soup of the Day Sausage and White Bean	<b>Lunch: 12:15pm</b> <b>Mushroom &amp; Swiss Burger</b> or Liver & Onions <b>Onion Rings</b> or Mashed Potatoes/Gravy <b>Baked Beans</b> or Broccoli <b>Brownie</b> or Canned Fruit  Soup of the Day Turkey Noodle
<b>Supper: 5:30pm</b> <b>Brat Patty on a Bun</b> w/ Lettuce/Tomato or Baked Fish <b>Calico Beans</b> or Mashed Potatoes/Gravy <b>Corn on a Cob</b> or Green Beans Wheat Bread <b>Creamy Fruit Salad</b> or Canned Fruit  Soup of the Day Vegetable Beef	<b>Supper: 5:30pm</b> <b>Beef Lasagna</b> or Chicken Breast w/ Mashed Potatoes/Gravy <b>Italian Blend Veg.</b> or Broccoli <b>Breadstick</b> or Wheat Bread <b>Apricots</b> or Canned Fruit  Soup of the Day Turkey Chili	<b>Supper: 5:30pm</b> <b>Hot Dog on a Bun</b> or Buffalo Chicken Wrap <b>Potato Chips</b> or Mashed Potatoes w/ Gravy <b>Loaded Cauliflower</b> <b>Salad</b> or Brussels Sprouts <b>Pickle Spear</b> <b>Fruited Jell-O Salad</b> or Canned Fruit  Soup of the Day Chicken and Dumpling	<b>Supper: 5:30pm</b> <b>Grilled Hot Ham &amp; Cheese</b> <b>Sandwich</b> or Chicken Thighs <b>Crinkle Cut Fries</b> or Mashed Potatoes/Gravy <b>Broccoli</b> or Diced Beets <b>Orange Sherbet Bar</b> or Canned Fruit  Soup of the Day Creamy Tomato	<b>Supper: 5:30pm</b> <b>Baked Tuna Pasta</b> or BBQ Pork Riblet <b>Pretzels</b> or Mashed Potatoes/Gravy <b>3 Bean Salad</b> or Cauliflower <b>Cantaloupe</b> or Canned Fruit  Soup of the Day Beef and Barley	<b>Supper: 5:30pm</b> <b>Crispy Chicken Sandwich</b> or Baked Fish & Mashed Potatoes/Gravy <b>Cucumber Salad</b> w/ onion & feta or Asparagus Wheat Bread <b>Vanilla Cupcake w/</b> <b>Frosting</b> or Canned Fruit  Soup of the Day Sausage and White Bean	<b>Supper: 5:30pm</b> <b>Pork Egg Roll</b> or Turkey SW w/ LTO <b>Asian Fried Rice</b> or Mashed Potato/Gravy <b>Oriental Blend Veg</b> or Diced Carrots <b>Wheat Bread</b> <b>Mangos</b> or Canned Fruit  Soup of the Day Turkey Noodle

Jeanine Arneberg, RDN, LD

★ *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.

---

21