

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

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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 11/02/2025	Monday 11/03/2025	Tuesday 11/04/2025	Wednesday 11/05/2025	Thursday 11/06/2025	Friday 11/07/2025	Saturday 11/08/2025
Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Malt-O-Meal Cherry Strudel Stick or Wheat Toast w/ Jelly	Breakfast: 7:30am Fruit Juice Hard Boiled Eggs or Scrambled Eggs Oatmeal or Malt-O-Meal Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Denver Scrambled Eggs or Scrambled Eggs Oatmeal or Cream of Wheat Toasted English Muffin or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Grits Blueberry Muffin or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Cream of Wheat French Toast/ Syrup or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Hard Boiled Eggs or Scrambled Eggs Oatmeal or Grits Pork Bacon Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Malt-O-Meal Wheat Toast & Jelly
Lunch: 12:15pm Turkey Roast Or Baked Ham Bread Stuffing or Mashed Potatoes/Gravy Diced Carrots or Asparagus Dinner Roll Rhubarb Pie or Canned Fruit  Soup of the Day Vegetable Beef	Lunch: 12:15pm Polish Sausage w/ Sauerkraut on a Bun or Salmon Fillet w/ Dill Sauce & Mashed Potatoes/Gravy Creamy Coleslaw or Peas & Carrots Wheat Bread Red Velvet Cake or Canned Fruit  Soup of the Day Turkey Chili	Lunch: 12:15pm Chicken Chimichanga or BBQ Meatballs Spanish Rice or Mashed Potatoes/Gravy Confetti Corn or Fresh Broccoli/Ranch Wheat Bread Strawberry Shortcake or Canned Fruit  Soup of the Day Chicken and Dumpling	Lunch: 12:15pm Oven Fried Chicken or Ground Sausage in Alfredo Sauce Mashed Potatoes/Gravy or Buttered Penne Noodles Stewed Tomatoes or Lima Beans Wheat Bread Peanut Butter Cookie or Canned Fruit  Soup of the Day Creamy Tomato	Lunch: 12:15pm Beef & Sausage Spaghetti or Turkey Patty on Bun Green Beans or Mashed Squash Garlic Toast Peach Cobbler or Applesauce  Soup of the Day Beef and Barley	Lunch: 12:15pm Meatballs w/ Onion Gravy or Salami Sandwich w/ Lettuce & Tomato Mashed Potatoes & Gravy or Potato Chips Mixed Vegetables or Peas Wheat Bread Grapes or Canned Fruit  Soup of the Day Sausage and White Bean	Lunch: 12:15pm Mushroom & Swiss Burger or Liver & Onions Onion Rings or Mashed Potatoes/Gravy Baked Beans or Broccoli Brownie or Canned Fruit  Soup of the Day Turkey Noodle
Supper: 5:30pm Brat Patty on a Bun w/ Lettuce/Tomato or Baked Fish Calico Beans or Mashed Potatoes/Gravy Corn on a Cob or Green Beans Wheat Bread Creamy Fruit Salad or Canned Fruit  Soup of the Day Vegetable Beef	Supper: 5:30pm Beef Lasagna or Chicken Breast w/ Mashed Potatoes/Gravy Italian Blend Veg. or Broccoli Breadstick or Wheat Bread Apricots or Canned Fruit  Soup of the Day Turkey Chili	Supper: 5:30pm Hot Dog on a Bun or Buffalo Chicken Wrap Potato Chips or Mashed Potatoes w/ Gravy Loaded Cauliflower Salad or Brussels Sprouts Pickle Spear Fruited Jell-O Salad or Canned Fruit  Soup of the Day Chicken and Dumpling	Supper: 5:30pm Grilled Hot Ham & Cheese Sandwich or Chicken Thighs Crinkle Cut Fries or Mashed Potatoes/Gravy Broccoli or Diced Beets Orange Sherbet Bar or Canned Fruit  Soup of the Day Creamy Tomato	Supper: 5:30pm Baked Tuna Pasta or BBQ Pork Riblet Pretzels or Mashed Potatoes/Gravy 3 Bean Salad or Cauliflower Cantaloupe or Canned Fruit  Soup of the Day Beef and Barley	Supper: 5:30pm Crispy Chicken Sandwich or Baked Fish & Mashed Potatoes/Gravy Cucumber Salad w/ onion & feta or Asparagus Wheat Bread Vanilla Cupcake w/ Frosting or Canned Fruit  Soup of the Day Sausage and White Bean	Supper: 5:30pm Pork Egg Roll or Turkey SW w/ LTO Asian Fried Rice or Mashed Potato/Gravy Oriental Blend Veg or Diced Carrots Wheat Bread Mangos or Canned Fruit  Soup of the Day Turkey Noodle

