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 Monday 11/03/2025 Wednesday 11/05/2025 **Thursday 11/06/2025** Friday 11/07/2025 **Sunday 11/02/2025 Tuesday 11/04/2025** Saturday 11/08/2025 Breakfast: 7:30am Fruit Juice Fried Eggs **Denver Scrambled Eggs Scrambled Eggs Hard Boiled Eggs Scrambled Eggs** Fried Eggs Hard Boiled Eggs or Scrambled Eggs or Hard-Boiled Eggs or Scrambled Eggs or Hard-Boiled Eggs or Scrambled Eggs or Scrambled Eggs or Scrambled Eggs **Oatmeal Oatmeal Oatmeal Oatmeal Oatmeal Oatmeal Oatmeal** or Malt-O-Meal or Cream of Wheat or Grits or Cream of Wheat or Malt-O-Meal or Malt-O-Meal or Grits French Toast/ Syrup Pork Bacon **Cherry Strudel Stick Toasted English Muffin** Wheat Toast & Jelly Wheat Toast & Jelly **Blueberry Muffin** or Wheat Toast & Jelly or Wheat Toast w/Jelly Wheat Toast & Jelly or Wheat Toast & Jelly or Wheat Toast & Jelly Lunch: 12:15pm **Lunch: 12:15pm Lunch: 12:15pm Lunch: 12:15pm Lunch: 12:15pm Lunch: 12:15pm Lunch: 12:15pm** Mushroom & Swiss Burger **Chicken Chimichanga Oven Fried Chicken** Meatballs w/ Onion **Turkey Roast** Polish Sausage w/ Beef & Sausage or BBQ Meatballs or Ground Sausage Gravy or Liver & Onions Sauerkraut on a Bun **Spaghetti** Or Baked Ham **Spanish Rice** or Salami Sandwich in Alfredo Sauce **Onion Rings** or Salmon Fillet or Turkey Patty on Bun **Bread Stuffing** or Mashed Mashed Potatoes/Gravy w/ Lettuce & Tomato w/ Dill Sauce & or Mashed Potatoes/Gravy **Green Beans** or Mashed Potatoes/Gravy Potatoes/Gravy or Buttered Penne Noodles **Mashed Potatoes & Gravy** Mashed Potatoes/Gravy **Baked Beans** or Mashed Squash **Diced Carrots Confetti Corn** or Potato Chips **Stewed Tomatoes Creamy Coleslaw** or Broccoli **Garlic Toast** or Asparagus or Fresh Broccoli/Ranch **Mixed Vegetables** or Lima Beans or Peas & Carrots **Brownie Peach Cobbler** Wheat Bread or Peas **Dinner Roll** Wheat Bread **Wheat Bread** or Canned Fruit or Applesauce **Wheat Bread Strawberry Shortcake Peanut Butter Cookie Red Velvet Cake** Rhubarb Pie or Canned Fruit Soup of the Day Grapes or Soup of the Day or Canned Fruit or Canned Fruit or Canned Fruit Canned Fruit Soup of the Day Soup of the Day Beef and Barley Turkey Noodle Soup of the Day Soup of the Day Soup of the Day Chicken and Dumpling Turkey Chili **Creamy Tomato** Vegetable Beef Sausage and White Bean Supper: 5:30pm **Brat Patty on a Bun** Hot Dog on a Bun **Baked Tuna Pasta** Beef Lasagna **Crispy Chicken Sandwich** Pork Egg Roll **Grilled Hot Ham & Cheese** or Buffalo Chicken Wrap w/ Lettuce/Tomato or BBQ Pork Riblet or Chicken Breast w/ or Baked Fish & Sandwich or Turkey SW w/ LTO **Potato Chips** or Baked Fish **Pretzels** Mashed Potatoes/Gravy Mashed Potatoes/Gravy or Chicken Thighs Asian Fried Rice or Mashed Potatoes w/ Calico Beans or Mashed Potatoes/Gravy Crinkle Cut Fries or **Cucumber Salad** or Mashed Potato/Gravy Italian Blend Veg. or Mashed Potatoes/Gravy Gravy 3 Bean Salad Mashed Potatoes/Gravy w/ onion & feta **Oriental Blend Veg** or Broccoli Corn on a Cob **Loaded Cauliflower** or Cauliflower **Broccoli** or Asparagus or Diced Carrots **Breadstick** or Green Beans Salad or Brussels Sprouts Cantaloupe Wheat Bread **Wheat Bread** or Diced Beets or Wheat Bread Wheat Bread Pickle Spear Vanilla Cupcake w/ or Canned Fruit Mangos **Orange Sherbet Bar Creamy Fruit Salad Apricots Fruited Jell-O Salad Frosting** 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 Soup of the Day Soup of the Day Soup of the Day Beef and Barley Soup of the Day Turkey Noodle **Creamy Tomato** Soup of the Day Vegetable Beef Sausage and White Bean Turkey Chili Chicken and Dumpling 15 16 18 19 20 17 21

## **Week 3 Minnesota Veterans Home-Minneapolis Weekly Menu – DOMS**

2025-2026

Spring/Summer

Jeanine Arneberg, RDN, LD

Coffee, Milk and Margarine will be offered with all meals. 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 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: 6:45am Fruit Juice Scrambled Egg or Fried Egg Wheat Toast w/ Jelly Oatmeal or Cream of Wheat | Breakfast: 6:45am  Fruit Juice Hard Boiled Eggs or Scrambled Eggs Wheat Toast & Jelly Oatmeal or Grits | Breakfast: 7:00am  Breakfast made to order in the First Floor Lounge                               | Breakfast: 6:45am Fruit Juice Breakfast Sandwich or Wheat Toast/ Jelly & Scrambled Eggs Oatmeal or Malt O Meal                               | Fruit Juice Scrambled Eggs or Hard Boiled Eggs Oatmeal or Cream of Wheat Wheat Toast & Jelly              | Breakfast: 6:45am Fruit Juice Cheesy Scrambled Eggs Or Hard Boiled Eggs Wheat Toast & Jelly Bacon Oatmeal or Grits     | Breakfast: 6:45am Fried egg or Hard Boiled Eggs Fruit Juice Oatmeal or Cream of Wheat Waffles w/ Syrup or Wheat Toast & Jelly |
| Lunch: 11:45am  | <b>Lunch: 11:45am</b>  | <b>Lunch: 11:45am</b>  | Lunch: 11:45am   | <b>Lunch: 11:45am</b>   | Lunch: 12:00pm   | <b>Lunch: 11:45am</b>   |
| Baked Ham Scalloped Potatoes Diced Carrots Dinner Roll Cream Pie Soup of the day Cream of Potato        | Cabbage Roll Sweet Potato Fries Green Beans Tropical Fruit Jell-O  Soup of the day Chicken Noodle      | Chicken Enchilada Spanish Rice Confetti Corn Strawberry Shortcake Soup of the day Garden Vegetable | Crispy Chicken Patty on a Bun Lettuce, Tomato, Onion Loaded Mashed Potatoes Strawberries w/Whipped Topping Soup of the day Chicken Wild Rice | BBQ Pork Riblet on a Bun O'Brien Potatoes Creamy Coleslaw Orange Sherbet Bar  Soup of the day Beef Barley | Tuna Salad on a Croissant Potato Chips Cucumber Salad w/ onion & feta Frosted Cupcake Soup of the day Chicken Dumpling | Cheeseburger on a Bun French Fries Chefs Choice Vegetable Brownie  Soup of the day Chefs Choice                               |
| Supper: 4:45pm  | Supper: 4:45pm   | Supper: 4:45pm   | Supper: 4:45pm   | Supper: 4:45pm  | Supper: 4:45pm   | Supper: 4:45pm  |
| Brat Patty on a Bun<br>w/Lettuce, Tomato<br>Calico Beans<br>Sweet Corn<br>Creamy Fruit Salad            | Vegetable Lasagna Italian Blend Veg. Breadstick Grapes   | Mini Corn Dogs<br>Potato Salad<br>Broccoli<br>Melon Cup  | Grilled Ham and Cheese French Fries Chefs Choice Vegetable Peanut Butter Cookie  | Personal 3 Meat Pizza Italian Blend Vegetable Breadstick Cantaloupe                                       | Pork Egg Roll White Rice Oriental Blend Vegetables Chefs Choice Dessert  | Baked Chicken Rice pilaf Stewed Tomatoes Mangos   |
| Soup of the day<br>Cream of Potato  | Soup of the day<br>Chicken Noodle  | Soup of the day<br>Garden Vegetable  | Soup of the day<br>Chicken Wild Rice   | Soup of the day<br>Beef Barley  | Soup of the day<br>Chicken Dumpling  | Soup of the day<br>Chefs Choice   |