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 11/09/2025** Monday 11/10/2025 **Tuesday 11/11/2025** Wednesday 11/12/2025 **Thursday 11/13/2025** Friday 11/14/2025 **Saturday 11/15/2025** Breakfast: 7:30am Fruit Juice Hard Boiled Eggs or **Scrambled Eggs Cheesy Scrambled Eggs** Fried Eggs Fried Eggs or Hard Boiled Eggs **Scrambled Eggs** Scrambled Eggs or Hard-Boiled Eggs or Scrambled Eggs or Scrambled Eggs Scrambled Eggs or Scrambled Eggs or Hard-Boiled Eggs Sausage Links **Oatmeal** Oatmeal or **Oatmeal** Oatmeal **Oatmeal** or Cream of Wheat Oatmeal or Cream of Wheat or Corn Grits **Oatmeal** or Corn Grits Or Malt-O-Meal Sausage Gravy & Biscuit Malt-O-Meal or Cream of Wheat Pork Bacon **English Muffin Bagel w/ Cream Cheese** French Toast/ Syrup or Wheat Toast & Jelly Wheat Toast & Jelly Wheat Toast & Jelly or Wheat Toast & Jelly **Wheat Toast & Jelly** or Wheat Toast & Jelly 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** Special: \$8.00 Hamburger on a Bun Beef Ravioli Marinara **BBO Meatballs** Hot Dog on a Bun **Chicken Ala King** Tater Tot Casserole **Beef Pot Roast** DAY : w/ L/T/O, pickle or Bologna Sandwich w/ or Deli Chicken Sandwich or Fish Square/Bun & over a Biscuit or Pork Steak & or Chicken Kiev lettuce/tomato & or Breaded Pork Patty Mashed/Gravy w/Lettuce or Salisbury Steak Mashed Potatoes/Gravy **Loaded Baked Potato** Mashed Potatoes/Gravy Potato Salad **Mashed Potatoes & Gravy Potato Chips** & Mashed Potatoes **Creamed Corn** or Mashed Potato w/ Gravy Breadstick or Mashed Potatoes **Monte Carlo Blend** 7- Layer Salad **Stewed Tomatoes** or Brussels Sprouts **Roasted Glazed Carrots** or Collard Greens Italian Vegetable Green Beans or Pickled Beets or Mashed Squash Wheat Bread or Spinach or Lima Beans Blend Pickle Spear **Dinner Roll** Mango **Crushed Pineapple Dinner Roll** or Diced Rutabaga Fruit Cocktail **Chocolate Marble Swirl Assorted Cream Pie** or Canned Fruit or Canned Fruit **Frosted Red Velvet Cupcake Lemon Cake** or Canned Fruit Soup of the Day or Canned Fruit **Ice Cream Cup** Soup of the Day or Canned Fruit or Canned Fruit Soup of the Day or Canned Fruit Soup of the Day Chicken Gumbo Soup of the Day Soup of the Day Bean and Bacon Soup of the Day French Onion Cheeseburger Navy Bean and Ham Chicken Cordon Bleu Cream of Potato Supper: 5:30pm Egg Salad on **Pulled Chicken BBQ Riblet Meatball Marinara Basil Baked Cod Lemon Pepper Fish Hot Open-Faced Croissant w/ Lettuce** or Chicken Thigh Sandwich or Beef Stuffed Peppers Mozzarella Sub **Turkey Sandwich** or Turkey Patty or BBO Chicken Breast **Bacon Cheddar Mashed** or Black Bean Burger or Baked Ham **Baked Potato** w/ Gravy or Salmon w/ Dill Sauce Potato O'Brien **Potatoes** or Mashed Potato/Gravy **Potato Cubes** French Fries or **Mashed Potatoes/Gravy** Mashed or Mashed or Mashed w/ Gravy or Mashed Potatoes/Gravy Harvard Beets or Fried Okra Potatoes/Gravy Mashed Potatoes/Gravy Potato/Gravy Creamy Cucumber, **Cranberry Cole Slaw** Fresh Cold Snap Peas or Buttered Egg Noodles or Cauliflower **Creamy Coleslaw** Fresh Carrots w/ **Onion Tomato Salad** or Zucchini **Wheat Bread** Peas or Diced Beets **Wheat Bread** or Fresh Cauliflower & Ranch or Broccoli or Diced Carrots Wheat Bread **Mandarin Orange Blueberries w/ topping Grapes** Broccoli with Dip Wheat Bread **Wheat Bread Pineapple Upside Down Gelatin Salad** or Canned Fruit Or Canned Fruit **Orange Italian Ice Oatmeal Raisin Cookie** Lime Gelatin & Pears Cake or Canned Fruit or Canned Fruit or Canned Fruit Soup of the Day or Canned Fruit Soup of the Day Soup of the Day or Canned Fruit Soup of the Day Soup of the Day Cheeseburger Soup of the Day Cream of Potato Soup of the Day Chicken Cordon Bleu French Onion Chicken Gumbo Bean and Bacon Navy Bean and Ham 28

27 22 24 25 23 26

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 11/9/2025	Monday 1/10/2025	Tuesday 11/11/2025	Wednesday 11/12/2025	Thursday 11/13/2025	Friday 11/14/2025	Saturday 11/15/2025
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 Fried Catfish Lima Beans Tator Tots Assorted Pie Soup of the day Cream of Potato	Lunch: 11:45am Beef Ravioli w/Marinara Mixed Vegetables Garlic Bread Blondie Bar Soup of the day Chicken Noodle	Lunch: 11:45an Special: \$8.00 Beef Pot Roast Loaded Baked Potato Roasted Glazed Carrots Dinner Roll Frosted Red Velvet Cupcake 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: 12:00pm	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