

Week 1 Minnesota Veterans Home-Minneapolis Weekly Menu – Nursing Care

Fall/Winter

2026

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 01/11/2026	Monday 01/12/2026	Tuesday 01/13/2026	Wednesday 01/14/2026	Thursday 01/15/2026	Friday 01/16/2026	Saturday 01/17/2026
Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Cream of Wheat Banana Muffin or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Malt-O-Meal Hash Brown Patty or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Cream of Wheat Sausage Links Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Cheese Omelet or Scrambled Eggs Blueberry Oatmeal or Malt-O-Meal Waffles & Syrup or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard Boiled Oatmeal or Cream of Wheat Pork Bacon Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Hard Boiled Eggs or Scrambled Eggs Oatmeal or Corn Grits Pancakes & Syrup or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Malt-O-Meal S.O.S. on Toast or Wheat Toast & Jelly
Lunch: 12:15pm Honey Ham or Frank and Beans Au Gratin Potatoes or Mashed Potatoes/Gravy Green Beans or Creamed Corn Dinner Roll or Wheat Bread Cream Pie or Canned Fruit Soup of the Day  New England Clam Chowder	Lunch: 12:15pm Beef Lasagna or Chicken Thigh Mashed Potatoes/Gravy Wax Beans or Diced Carrots Wheat Bread Rosey Pears or Canned Fruit Soup of the Day  Minestrone	Lunch: 12:15pm Beef Soft Shell Tacos or Salmon Fillet w/ Dill Sauce Spanish Rice or Mashed Potatoes/Gravy Corn or Spinach Oatmeal Raisin Cookie w/ Glaze or Canned Fruit Soup of the Day  Cheesy Chicken Enchilada	Lunch: 12:15pm Pork Loin w/ Onion Gravy or Roast Beef Sandwich w/ lettuce, tomato, pickles Mashed Potatoes/Gravy or Potato Chips Mixed Vegetables or Cauliflower Wheat Bread Glazed Devil's Food Cake or Canned Fruit Soup of the Day  Cream of Broccoli Cheddar	Lunch: 12:15pm Sloppy Joe on a Bun or Baked Ham Potato Chips or Mashed Potatoes/Gravy Broccoli or Green Beans Apple Crisp or Canned Fruit Soup of the Day  Chicken Wild Rice	Lunch: 12:15pm Cheeseburger on Bun or Cod Fillet with Mashed Potatoes/Gravy Prince Edward Blend or Cauliflower Wheat Bread Fruit Cocktail or Canned Fruit Soup of the Day  Vegetable Noodle	Lunch: 12:15pm Beef Meatballs w/ Gravy or Herbed Baked Chicken Mashed Potatoes/Gravy Diced Beets or Normandy Blend Wheat Bread Rice Pudding or Canned Fruit Soup of the Day  White Chicken Chili
Supper: 5:30pm Loaded Chili or Baked Fish w/ Mashed Potatoes/Gravy Broccoli or Zucchini Corn Muffin Strawberries or Canned Fruit Soup of the Day  New England Clam Chowder	Supper: 5:30pm Fish Square on Bun or Buffalo Chicken Wrap Diced Roasted Potatoes or Mashed Potatoes/Gravy Asparagus or V8 juice Chocolate Peanut Butter Mousse or Canned Fruit Soup of the Day  Minestrone	Supper: 5:30pm Beef Fritter w/ Gravy or Cheesy Quesadilla Pizza Mashed Potatoes/ Gravy Pickled Beets or Green Beans Wheat Bread Spiced Peaches or Canned Fruit Soup of the Day  Cheesy Chicken Enchilada	Supper: 5:30pm Mini Corn Dogs or Hamburger Steak French Fries or Mashed Potatoes w/ Gravy Diced Butternut Squash or Broccoli Wheat Bread Applesauce or Canned Fruit Soup of the Day  Cream of Broccoli Cheddar	Supper: 5:30pm Beer Battered Pollock or Chicken Salad Sandwich Parmesan Pasta or Mashed Potatoes/Gravy Snap Peas or Diced Rutabaga Wheat Bread Fruit Salad or Canned Fruit Soup of the Day  Chicken Wild Rice	Supper: 5:30pm Polish Sausage on a Bun Or Egg Salad Sandwich Hot German Potato Salad or Mashed Potatoes/Gravy Midwest Blend Veg. or Diced Beets German Chocolate Cake or Canned Fruit Soup of the Day  Vegetable Noodle	Supper: 5:30pm Chicken Tenders or Bologna Sandwich w/ lettuce, tomato, pickles Mashed Potatoes/Gravy Peas or Diced Carrots Gelatin or Canned Fruit Soup of the Day  White Chicken Chili

Week 1 Minnesota Veterans Home-Minneapolis Weekly Menu – DOMS

Fall/Winter

2025-2026

Jeanine Arneberg, RD, LDN

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, wheat bread, mashed potatoes/gravy are available at lunch & supper.

Sunday 1/11/2026	Monday 1/12/2026	Tuesday 1/13/2026	Wednesday 1/14/2026	Thursday 1/15/2026	Friday 1/16/2026	Saturday 1/17/2026
Breakfast: 6:45am Fruit Juice Breakfast Casserole Blueberry Muffin Oatmeal or Cream of Wheat	Breakfast: 6:45am Fruit Juice Cheese Omelet Wheat Toast & Jelly Corn Grits or Oatmeal	Breakfast: 6:45am Fruit Juice Breakfast Sandwich Oatmeal or Malt-O-Meal	Breakfast: 6:45am Fruit Juice Scrambled Eggs Wheat Toast & Jelly Malt-O-Meal or Oatmeal	Breakfast: 6:45am Fruit Juice Hard-Boiled Eggs Waffles/Syrup Cream of Wheat or Oatmeal	Breakfast: 6:45am Fruit Juice Fried Eggs English Muffin Oatmeal or Corn Grits	Breakfast: 6:45am Fruit Juice Scrambled Eggs Bagel w/ Cream Cheese Pork Bacon Oatmeal or Cream of Wheat
Lunch: 11:45am Baked Ham Homemade Mashed Potatoes/Gravy Collard Greens Dinner Roll Cream Pie SS Soup of the Day Chefs Choice	Lunch: 11:45am Beef Lasagna Italian Blend Vegetable Breadstick Pears SS Soup of the Day Beef and barley	Lunch: 12:00pm Pizza in Lower Level Lounge 	Lunch: 11:45am Roasted Pork Loin Mashed Potatoes w/Gravy Mixed Vegetables Fresh Grapes SS Soup of the Day Cream of Potato w/Bacon	Lunch: 11:45am Sloppy Joe on a Bun Diced Potatoes Green Beans Apple Crisp with Whipped Topping SS Soup of the Day Broccoli and Cheese	Lunch: 11:45am Grilled Cheese Sandwich Potato Chips Peas & Carrots Chocolate Peanut Butter Mousse SS Soup of the Day Tomato	Lunch: 11:45am Beef Meatballs w/ Mashed Potatoes and Gravy Diced Beets Snickerdoodle Cookie SS Soup of the Day Lentil
Supper: 4:45pm Loaded Chili Broccoli Corn Muffin Strawberries w/Topping SS Soup of the Day Chefs Choice	Supper: 4:45pm Fish Patty on a Bun Asparagus Diced Roasted Potatoes Carnival Cookie SS Soup of the Day Beef and barley	Supper: 4:45pm Beef Fritter Mashed Potatoes w/Gravy Diced Squash Pumpkin Bar SS Soup of the Day Chicken Wild Rice	Supper: 4:45pm Mini Corn Dogs French Fries Broccoli Chocolate Brownie SS Soup of the Day Cream of Potato w/Bacon	Supper: 4:45pm Chicken Tenders Mashed Potatoes w/Gravy Green Peas Tropical Fruit SS Soup of the Day Broccoli and Cheese	Supper: 4:45pm Beer Batter Pollock Rice Pilaf Spinach Wheat Bread Fruited Gelatin w/Topping SS Soup of the Day Tomato	Supper: 4:45pm Turkey Patty on a Bun w/lettuce/Tomato/Onion Baked Beans Fresh Fruit SS Soup of the Day Lentil