

Week 2 Minnesota Veterans Home-Minneapolis Weekly Menu – Nursing Care

Fall/Winter 2026

Jeanine Arneberg, LD RDN

Coffee, milk, and margarine are served with all meals. Menu subject to change; notice will be posted. Soup, white rice, and mashed potatoes with gravy available at lunch and supper.  Denotes new menu items

Sunday 01/18/2026	Monday 01/19/2026	Tuesday 01/20/2026	Wednesday 01/21/2026	Thursday 01/22/2026	Friday 01/23/2026	Saturday 01/24/2026
Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Cream of Wheat Cinnamon Roll or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Hard Boiled Eggs or Scrambled Eggs Oatmeal or Malt-O-Meal Sausage Links Wheat Toast & Jelly	Breakfast: 7:30 am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Cream of Wheat Hashbrown Patty or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Cheesy Scrambled Eggs or Scrambled Eggs Oatmeal or Cream of Wheat Bagel w/Cream Cheese or Wheat Toast & Jelly	Breakfast: 7:30 am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Grits Pork Bacon Wheat Toast & Jelly	Breakfast: 7:30 am Fruit Juice Egg Bake or Scrambled Eggs Oatmeal or Cream of Wheat French Toast w/Syrup or Wheat Toast & Jelly	Breakfast: 7:30 am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Malt-O-Meal Banana Bread or Wheat Toast & Jelly
Lunch: 12:15 pm Beef Pot Roast or Chicken Breast Baked Potato w/ Sour Cream or Mashed Potatoes w/ Gravy Zucchini or Asparagus Dinner Roll Apple Pie or Applesauce  Soup of the Day Split Pea and Ham	Lunch: 12:15 pm Fried Catfish or Beef Stuffed Peppers Baked Mac and Cheese or Mashed Potatoes w/ Gravy Citrus Beets or V8 Wheat Bread Frosted Spice Cake or Canned Fruit  Soup of the Day Corn Chowder	Lunch: 12:15 pm Beef Stroganoff Or Breaded Egg Plant Buttered Egg Noodles or Mashed Potatoes w/ Gravy Broccoli or Mixed Vegetables Wheat Bread Butterscotch Pudding or Canned Fruit  Soup of the Day Chicken Noodle	Lunch: 12:15pm Hot Dog on Bun or Chicken Thighs Potato Chips or Mashed Potatoes w/ Gravy Lettuce Salad w/ Ranch or Wax Beans Lemon Blueberry Cake w/Glaze or Canned Fruit  Soup of the Day Stuffed Bell Pepper	Lunch: 12:15 pm Chicken Parmesan w/ Noodles & Marinara or Salami Sandwich w/ lettuce, tomato, pickle & Mashed Potatoes/Gravy Diced Carrots or Collard Greens Garlic Bread Assorted Italian Ice or Canned Fruit  Soup of the Day Tomato Soup	Lunch: 12:15 pm Chicken Pot Pie or Baked Pollock Mashed Potatoes w/ Gravy Green Beans or Creamed Corn Wheat Bread Pumpkin Custard or Canned Fruit  Soup of the Day Loaded Cauliflower	Lunch: 12:15 pm BBQ Bone-In Pork Ribs or Turkey Patty on a Bun Rosemary Red Potatoes or Mashed Potatoes w/ Gravy Lima Beans or Diced Beets Wheat Bread Ice Cream Bar or Canned Fruit Soup of the Day Chicken and Rice
Supper: 5:30 pm Chicken Chow Mein over White Rice or Turkey Roast & Mashed Potatoes w/ Gravy Vegetable Egg Roll or Broccoli Wheat Bread Mangos or Canned Fruit  Soup of the Day Split Pea and Ham	Supper: 5:30 pm BBQ Meatballs or Pork Cube Steak Mashed Potatoes w/ Gravy Peas or Asparagus Wheat Bread Fruited Gelatin or Canned Fruit  Soup of the Day Corn Chowder	Supper: 5:30 pm Lime Chicken Soft Shell Tacos or Black Bean Burger Pinto Beans or Mashed Potatoes/Gravy Southwest Veg. Blend or Cauliflower Carnival Cookie or Canned Fruit  Soup of the Day Chicken Noodle	Supper: 5:30pm Tatar Tot Hotdish Or Tuna Salad on Croissant Mashed Potatoes/Gravy Cubed Butternut Squash or Diced Carrots Mandarin Oranges or Canned Fruit  Soup of the Day Stuffed Bell Pepper	Supper: 5:30 pm Grilled Cheese Sandwich or Hamburger Steak Potato Chips or Mashed Potatoes/Gravy Broccoli or Sweet Corn Wheat Bread Poke Cake or Canned Fruit  Soup of the Day Tomato Soup	Supper: 5:30 pm Smothered Pork Chop or Egg Salad Sandwich Au 'gratin Potatoes or Mashed Potatoes /Gravy Cauliflower or Midwest Blend Wheat Bread Applesauce or Canned Fruit  Soup of the Day Loaded Cauliflower	Supper: 5:30 pm Chicken Tenders or Swedish Meatballs Parm. Pasta Salad or Mashed Potatoes w/ Gravy Wax Beans or Diced Carrots Rice Pudding or Canned Fruit  Soup of the Day Chicken and Rice

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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 1/18/2026	Monday 1/19/2026	Tuesday 1/20/2026	Wednesday 1/21/2026	Thursday 1/22/2026	Friday 1/23/2026	Saturday 1/24/2026
Breakfast: 6:45am Fruit Juice Sausage & Egg Strata Fresh Cinnamon Roll Oatmeal Or Cream of Wheat	Breakfast: 6:45am Fruit Juice Scrambled Eggs Wheat Toast & Jelly Malt O Meal or Oatmeal	Breakfast: 6:45am Fruit Juice Scrambled Eggs Hard Boiled Eggs Pork Bacon Hashbrown Patty Oatmeal or Corn Grits	Breakfast: 6:45am Fruit Juice Hard Boiled Eggs Pancakes w/ Syrup Cream of Wheat or Oatmeal	Breakfast: 6:45am Fruit Juice Cheesy scrambled Eggs Wheat Toast & Jelly Oatmeal or Cream of Wheat	Breakfast: 6:45am Fruit Juice Fried Eggs Wheat Toast & Jelly Cheesy Corn Grits or Oatmeal	Breakfast: 6:45am Fruit Juice Scrambled Eggs Pork Bacon Assorted Danish Oatmeal Or Cream of Wheat
Lunch: 11:45am Pot Roast Baked Potato w/Sour Cream Carrots Fruit Pie  Soup of the Day Chef Choice	Lunch: 11:45am Unstuffed Bell Pepper Casserole Steamed Broccoli Frosted Spice Cake  Soup of the Day Navy Bean w/Ham	Lunch: 11:45am Crispy Chicken Sandwich French Fries Green Peas Peach Cobbler  Soup of the Day Chicken Wild Rice	Lunch: 11:45am Hamburger Gravy over Mashed Potatoes Diced Carrots Fresh Grapes  Soup of the Day Cream of Potato w/Bacon	Lunch: 11:45am Turkey Pot Pie Green Beans Wheat Bread Canned Fruit  Soup of the Day Tomato	Lunch: 11:45am Potato Crusted Pollock Rice Pilaf Steamed Cauliflower Pumpkin Mousse  Soup of the Day Broccoli and Cheese	Lunch: 11:45am BBQ Bone in Pork Ribs Diced Potatoes Creamy Coleslaw Wheat Bread Sherbet Ice Cream  Soup of the Day Chicken Noodle
Supper: 4:45pm Chicken Chow Mein Over White Rice Asian Blend Vegetables Fortune Cookie Mandarin Oranges  Soup of the Day Chefs Choice	Supper: 4:45pm Baked Fish Mashed Potatoes w/Gravy Spinach Tropical Fruit  Soup of the Day Navy Bean w/Ham	Supper: 4:45pm Pork Carnita Tacos Refried Beans Confetti Corn Ice Cream Cup  Soup of the Day Chicken Wild Rice	Supper: 4:45pm Chicken Kiev Wild Rice Casserole Brussel sprouts Dinner Roll Chocolate Brownie  Soup of the Day Cream of Potato w/Bacon	Supper: 4:45pm Smothered Pork Chops Au 'gratin Potatoes Mixed Vegetables Cookie  Soup of the Day Tomato	Supper: 4:45pm Tuna Salad Sandwich w/ Onion and Pickles Potato Chips Fresh Broccoli w/Ranch Peaches  Soup of the Day Broccoli and Cheese	Supper: 4:45pm Tatar Tot Hotdish Cubed Butternut Squash Fruit Salad  Soup of the Day Chicken Noodle