

Week 4 Minnesota Veterans Home-Minneapolis Weekly Menu Calendar – Nursing Care

Fall/Winter 2026

Jeanine Arneberg, RDN, LD

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 03/01/2026	Monday 03/02/2026	Tuesday 03/03/2026	Wednesday 03/04/2026	Thursday 03/05/2026	Friday 03/06/2026	Saturday 03/07/2026
Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Corn Grits Bagel w/ Cream Cheese or Wheat Toast/Jelly	Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Malt-O-Meal French Toast/ Syrup Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Hard Boiled Eggs or Scrambled Eggs Oatmeal or Cream of Wheat Sausage Gravy & Biscuit or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Sausage Links Oatmeal or Corn Grits Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Cheesy Scrambled Eggs or Scrambled Eggs 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 Toasted English Muffin or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Malt-O-Meal Blueberry Muffin or Wheat Toast & Jelly
Lunch: 12:15pm Beef Pot Roast or Black Bean Burger Mashed Potatoes & Gravy Monte Carlo Blend or Collard Greens Dinner Roll Assorted Cream Pie or Canned Fruit  Soup of the Day Cheeseburger	Lunch: 12:15pm Beef Ravioli Marinara or Bologna Sandwich w/ lettuce/tomato & Mashed Potatoes/Gravy Breadstick Italian Vegetable Blend or Diced Rutabaga Frosted Cake or Canned Fruit  Soup of the Day Navy Bean and Ham	Lunch: 12:15pm Pork Carnitas Bake or Deli Chicken Sandwich w/ lettuce Tortilla Chips or Mashed/Gravy Cowboy Caviar or Cauliflower Sugar Cookie or Canned Fruit  Soup of the Day Chicken Cordon Bleu	Lunch: 12:15 pm Hamburger on a Bun w/ L/T/O, pickle or Breaded Pork Patty Baked Beans or Mashed Potatoes Harvard Beets or Lima Beans Fruit Cocktail or Canned Fruit  Soup of the Day French Onion	Lunch: 12:15 pm Tater Tot Casserole or BBQ Chicken Breast & Mashed Potato/Gravy Creamed Corn or Brussels Sprouts Wheat Bread Crushed Pineapple or Canned Fruit  Soup of the Day Bean and Bacon	Lunch: 12:15pm Hearty Beef Stew or Fish Square/Bun & Mashed/Gravy Steamed Baby Carrots or Pickled Beets Dinner Roll Bread Pudding or Canned Fruit  Soup of the Day Cream of Potato	Lunch: 12:15pm Chicken à la King over a Biscuit or Salisbury Steak & Mashed Potatoes Stewed Tomatoes or Mashed Squash Mango or Canned Fruit  Soup of the Day Chicken Gumbo
Supper: 5:30pm Hot Open-Faced Turkey Sandwich or Salmon w/ Dill Sauce Mashed Potato/Gravy or Buttered Egg Noodles Peas or Diced Beets Pumpkin Mousse or Canned Fruit  Soup of the Day Cheeseburger	Supper: 5:30pm Pulled Chicken Sandwich or BBQ Meatballs French Fries or Mashed Potatoes/Gravy Creamy Coleslaw or Diced Carrots Lime Gelatin & Pears or Canned Fruit  Soup of the Day Navy Bean and Ham	Supper: 5:30pm Meatball Marinara & Mozzarella Sub or Baked Ham Potato Cubes or Mashed Potato/Gravy Cranberry Cole Slaw or Zucchini Wheat Bread German Chocolate Cake or Canned Fruit  Soup of the Day Chicken Cordon Bleu	Supper: 5:30pm 3 Meat Pizza Basil Baked Cod & Mashed Potatoes/Gravy Green Beans or Peas Wheat Bread Mandarin Orange Gelatin Salad or Canned Fruit  Soup of the Day French Onion	Supper: 5:30pm Egg Salad on Croissant w/ Lettuce Leaf or Pork Steak Potato O'Brien or Mashed Potatoes/Gravy Spinach or Broccoli Wheat Bread Cherry Italian Ice or Canned Fruit  Soup of the Day Bean and Bacon	Supper: 5:30pm Lemon Pepper Fish or Turkey Patty w/ Gravy Mashed Potatoes/Gravy Fried Okra or Cauliflower Wheat Bread Grapes Or Canned Fruit  Soup of the Day Cream of Potato	Supper: 5:30pm BBQ Riblet or Chicken Thigh Bacon Cheddar Mashed Potatoes or Mashed w/ Gravy Creamy Cucumber, Onion Tomato Salad or Diced Carrots Wheat Bread Oatmeal Raisin Cookie or Canned Fruit  Soup of the Day Chicken Gumbo

Week 4 Minnesota Veterans Home-Minneapolis Weekly Menu – DOMS

Fall/Winter 2026

Jeanine Arneberg, RD, LD

Coffee, Milk, Yogurt, Juice, Fruit, Bread and Margarine will be offered with all posted. Menu subject to change and notice posted.

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 3/1/2026	Monday 3/2/2026	Tuesday 3/3/2026	Wednesday 3/4/2026	Thursday 3/5/2026	Friday 3/6/2026	Saturday 3/7/2026
Breakfast: 6:45am Fruit Juice Hard Boiled Eggs Sausage Patty French Toast w/syrup Malt-O-Meal or Oatmeal	Breakfast: 6:45am Fruit Juice Scrambled Eggs Wheat Toast & Jelly Oatmeal Or Cream of Wheat	Breakfast: 7:00am Breakfast Made to order in Lower-Level Lounge 	Breakfast: 6:45am Fruit Juice Denver Scramble Wheat Toast & Jelly Cheesy Corn Grits Or Oatmeal	Breakfast: 6:45am Fruit Juice Fried Eggs Wheat Toast & Jelly Oatmeal or Cream of Wheat	Breakfast: 6:45am Fruit Juice Scrambled Eggs Banana Muffin Oatmeal or Grits	Breakfast: 6:45am Fruit Juice Cheese Omelet Pork Bacon Wheat Toast & Jelly Cream Of Wheat or Oatmeal
Lunch: 11:45am Open-Faced Hot Roast Beef Sandwich Mashed Potatoes w/Gravy Peas Assorted Pie  Soup of the Day Chefs Choice	Lunch: 11:45am BBQ Pork on a Bun Baked Mac & Cheese Coleslaw Mandarin Oranges  Soup of the Day Split Pea w/Ham	Lunch: 11:45am Beef Stew Biscuit Zucchini Pineapple Upside Down Cake  Soup of the Day Chicken Wild Rice	Lunch: 11:45am BBQ Chicken Roasted Potatoes Dill Carrots Strawberries & Cream  Soup of the Day Cream of Potato w/Bacon	Lunch: 11:45am Meatloaf Mashed Potatoes Buttered Corn Wheat Bread Fresh Melon  Soup of the Day Tomato	Lunch: 11:45am Egg Salad on a Croissant Cucumber and Feta Salad Potato Chips Bread Pudding  Soup of the Day Broccoli and Cheese	Lunch: 11:45am Country Fried Steak Homemade Mashed and Gravy Green Beans Tropical Fruit  Soup of the Day Lentil
Supper: 4:45pm Breaded Cod Diced Potatoes Beets Canned Fruit  Soup of the Day Chefs Choice	Supper: 4:45pm Chicken Tenders Tater Tots Winter Blend Vegetable Cookie  Soup of the Day Split Pea w/Ham	Supper: 4:45pm Salisbury Steak Rice w/Gravy Carrots Wheat Roll Pears  Soup of the Day Chicken Wild Rice	Supper: 4:45pm Personal 3 meat Pizza Garlic Bread Salad Bar Chocolate Brownie  Soup of the Day Cream of Potato w/Bacon	Supper: 4:45pm Kielbasa Sauerkraut Baked Beans Pumpkin Bar  Soup of the Day Tomato	Supper: 4:45pm Bean Cheese Burrito Spanish Rice Green beans Wheat Bread Grapes  Soup of the Day Broccoli and Cheese	Supper: 4:45pm Chicken Alfredo over Pasta Broccoli Breadstick Ice Cream  Soup of the Day Lentil