


Week 3 Minnesota Veterans Home - Minneapolis Weekly Menu Calendar – 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 03/22/2026	Monday 03/23/2026	Tuesday 03/24/2026	Wednesday 03/25/2026	Thursday 03/26/2026	Friday 03/27/2026	Saturday 03/28/2026
Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Malt-O-Meal Cherry Strudel Stick or Wheat Toast w/ Jelly	Breakfast: 7:30am Fruit Juice Hard Boiled Eggs or Scrambled Eggs Oatmeal or Malt-O-Meal Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Denver Scrambled Eggs or Scrambled Eggs Oatmeal or Cream of Wheat Toasted English Muffin or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Grits Blueberry Muffin or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Cream of Wheat Pork Bacon Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Hard Boiled Eggs or Scrambled Eggs Oatmeal or Grits French Toast/ Syrup Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Malt-O-Meal Wheat Toast & Jelly
Lunch: 12:15pm Turkey Roast Or Baked Ham Bread Stuffing or Mashed Potatoes/Gravy Diced Carrots or Asparagus Dinner Roll Cream Pie or Canned Fruit  Soup of the Day Vegetable Beef	Lunch: 12:15pm Polish Sausage w/ Sauerkraut on a Bun or Hamburger Steak w/ Brown Gravy Hot German Potato Salad Or Mashed Potatoes/Gravy Peas or Carrots Wheat Bread Red Velvet Cake or Canned Fruit  Soup of the Day Turkey Chili	Lunch: 12:15pm Chicken Burrito or BBQ Meatballs Spanish Rice or Mashed Potatoes/Gravy Confetti Corn or Broccoli Wheat Bread Fruited Jell-O Salad or Canned Fruit  Soup of the Day Chicken and Dumpling	Lunch: 12:15pm Oven Fried Chicken or Salmon Fillet w/ Dill Sauce Mashed Potatoes/Gravy Stewed Tomatoes or Lima Beans Wheat Bread Peanut Butter Cookie or Canned Fruit  Soup of the Day Creamy Tomato	Lunch: 12:15pm Beef & Sausage Spaghetti or Turkey Patty on Bun Green Beans or Mashed Squash Garlic Toast Apple Crisp or Applesauce  Soup of the Day Beef and Barley	Lunch: 12:15pm Meatballs w/ Onion Gravy or Baked Fish Mashed Potatoes & Gravy Mixed Vegetables or Peas Wheat Bread Grapes or Canned Fruit  Soup of the Day Sausage and White Bean	Lunch: 12:15pm Mushroom & Swiss Burger or Liver & Onions Onion Rings or Mashed Potatoes/Gravy Baked Beans or Broccoli Brownie or Canned Fruit  Soup of the Day Turkey Noodle
Supper: 5:30pm Brat Patty on a Bun w/ Lettuce/Tomato or Baked Fish Calico Beans or Mashed Potatoes/Gravy Corn or Green Beans Wheat Bread Creamy Fruit Salad or Canned Fruit  Soup of the Day Vegetable Beef	Supper: 5:30pm Beef Lasagna or Chicken Breast w/ Mashed Potatoes/Gravy Italian Blend Veg. or Broccoli Breadstick or Wheat Bread Mandarin Oranges or Canned Fruit  Soup of the Day Turkey Chili	Supper: 5:30pm Hot Dog on a Bun or Buffalo Chicken Wrap Potato Chips or Mashed Potatoes w/ Gravy Brussels Sprouts or Cauliflower Pickle Spear Glazed Oatmeal Cookie or Canned Fruit  Soup of the Day Chicken and Dumpling	Supper: 5:30pm Grilled Hot Ham & Cheese Sandwich or Chicken Thighs Crinkle Cut Fries or Mashed Potatoes/Gravy Broccoli or Diced Beets Spiced Peaches or Canned Fruit  Soup of the Day Creamy Tomato	Supper: 5:30pm Crispy Chicken Sandwich Or BBQ Pork Riblet Pretzels Or Mashed Potatoes/Gravy 3 Bean Salad or Cauliflower Fruit Cocktail or Canned Fruit  Soup of the Day Beef and Barley	Supper: 5:30pm Baked Tuna Pasta or Salami Sandwich w/ Lettuce & Tomato Mashed Potatoes/Gravy Succotash or Asparagus Bread Pudding or Canned Fruit  Soup of the Day Sausage and White Bean	Supper: 5:30pm Pork Egg Roll or Turkey SW w/ LTO Asian Fried Rice or Mashed Potato/Gravy Oriental Blend Veg or Brussels Sprouts Wheat Bread Mangos or Canned Fruit  Soup of the Day Turkey Noodle

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★ 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 3/22/2026	Monday 3/23/2026	Tuesday 3/24/2026	Wednesday 3/25/2026	Thursday 3/26/2026	Friday 3/27/2026	Saturday 3/28/2026
<p>Breakfast: 6:45am Fruit Juice Scrambled Eggs Sausage Gravy over a Biscuit Oatmeal or Grits</p>	<p>Breakfast: 6:45am Fruit Juice Egg Bake Pancakes w/ Syrup Cream of Wheat or Oatmeal</p>	<p>Breakfast: 6:45am Fruit Juice Ham/Egg Breakfast Sandwich on an English Muffin Oatmeal Or Malt o Meal</p>	<p>Breakfast: 6:45am Fruit Juice Scrambled Eggs Sausage Patty Wheat Toast/ Jelly Oatmeal or Grits</p>	<p>Breakfast: 6:45am Fruit Juice Cheesy Scrambled Eggs Hashbrown Patty Wheat Toast/ Jelly Oatmeal or Cream of Wheat</p>	<p>Breakfast: 6:45am Fruit Juice Fried Eggs Wheat Toast & Jelly Oatmeal Or Grits</p>	<p>Breakfast: 6:45am Fruit Juice Scrambled Eggs Pork Bacon Wheat Toast & Jelly Oatmeal or Cream of Wheat</p>
<p>Lunch: 11:45am Roasted Turkey Bread Stuffing w/Gravy Peas & Carrots Wheat Bread Apple Cobbler</p> <p>🍲 Soup of the Day Chefs Choice</p>	<p>Lunch: 12:00pm Lower-Level Lounge</p>  <p>*Soup, Salad bar and always available in the main dining room</p> <p>🍲 Soup of the Day Turkey Noodle</p>	<p>Lunch: 11:45am Chicken Enchilada Spanish Rice Corn Chips w/Cowboy Caviar Diced Mangos</p> <p>🍲 Soup of the Day Chicken Wild Rice</p>	<p>Lunch: 11:45am Swedish Meatballs Over Egg Noodles Buttered Corn Dinner Roll Peanut Butter Cookie</p> <p>🍲 Soup of the Day Cream of Potato w/Bacon</p>	<p>Lunch: 11:45am Buffalo Chicken Wrap French Fries Diced Carrots Wheat Bread Toffee Bar</p> <p>🍲 Soup of the Day Broccoli and Cheese</p>	<p>Lunch: 11:45am Shrimp w/ Stir Fry Vegetable Blend Lo Mein Noodles Fortune Cookie Frosted Cake</p> <p>🍲 Soup of the Day Tomato</p>	<p>Lunch: 11:45am Monte Cristo Sandwich Pasta Salad Carrots Chefs Choice Dessert</p> <p>🍲 Soup of the Day Vegetable</p>
<p>Supper: 4:45pm Brat Patty on a Bun w/Lettuce/Tomato Calico Beans Corn Carnival Cookie</p> <p>🍲 Soup of the Day Chef's Choice</p>	<p>Supper: 4:45pm Beef Goulash Green Peas Wheat Bread Fresh Fruit</p> <p>🍲 Soup of the Day Turkey Noodle</p>	<p>Supper: 4:45pm Stuffed Shells Bolognese Broccoli & Cauliflower Vegetable Blend Garlic Biscuit Canned Fruit</p> <p>🍲 Soup of the Day Chicken Wild Rice</p>	<p>Supper: 4:45pm Oven Fried Chicken Mashed Potatoes w/Gravy Stewed Tomatoes Fruited Gelatin</p> <p>🍲 Soup of the Day Cream of Potato w/Bacon</p>	<p>Supper: 4:45pm Meatball Marinara Sub Potato Cubes Coleslaw Diced Pears</p> <p>🍲 Soup of the Day Broccoli and Cheese</p>	<p>Supper: 4:45pm Grilled Cheese Sandwich Potato Chips Mixed Vegetables Melon Cup</p> <p>🍲 Soup of the Day Tomato</p>	<p>Supper: 4:45pm Pork Egg Roll Asian Rice Oriental Blend Vegetables Fruit Cocktail</p> <p>🍲 Soup of the Day Vegetable</p>