

**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*

<b>Sunday 03/29/2026</b>	<b>Monday 03/30/2026</b>	<b>Tuesday 03/31/2026</b>	<b>Wednesday 04/01/2026</b>	<b>Thursday 04/02/2026</b>	<b>Friday 04/03/2026</b>	<b>Saturday 04/04/2026</b>
<b>Breakfast: 7:30am</b> Fruit Juice <b>Fried Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Corn Grits <b>Bagel w/ Cream Cheese</b> or Wheat Toast/Jelly	<b>Breakfast: 7:30am</b> Fruit Juice <b>Fried Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Malt-O-Meal <b>French Toast/ Syrup</b> Wheat Toast & Jelly	<b>Breakfast: 7:30am</b> Fruit Juice <b>Hard Boiled Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Cream of Wheat <b>Sausage Gravy &amp; Biscuit</b> or Wheat Toast & Jelly	<b>Breakfast: 7:30am</b> Fruit Juice <b>Scrambled Eggs</b> or Hard-Boiled Eggs <b>Sausage Links</b> <b>Oatmeal</b> or Corn Grits <b>Wheat Toast &amp; Jelly</b>	<b>Breakfast: 7:30am</b> Fruit Juice <b>Cheesy Scrambled Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Cream of Wheat <b>Pork Bacon</b> <b>Wheat Toast &amp; Jelly</b>	<b>Breakfast: 7:30am</b> Fruit Juice <b>Hard Boiled Eggs</b> or Scrambled Eggs <b>Oatmeal</b> or Corn Grits <b>Toasted English Muffin</b> or Wheat Toast & Jelly	<b>Breakfast: 7:30am</b> Fruit Juice <b>Scrambled Eggs</b> or Hard-Boiled Eggs <b>Oatmeal</b> or Malt-O-Meal <b>Blueberry Muffin</b> or Wheat Toast & Jelly
<b>Lunch: 12:15pm</b> <b>Beef Pot Roast</b> or Black Bean Burger <b>Mashed Potatoes &amp; Gravy</b> <b>Monte Carlo Blend</b> or Collard Greens <b>Dinner Roll</b> <b>Assorted Cream Pie</b> or Canned Fruit  Soup of the Day Cheeseburger	<b>Lunch: 12:15pm</b> <b>Beef Ravioli Marinara</b> or Bologna Sandwich w/ lettuce/tomato & Mashed Potatoes/Gravy <b>Breadstick</b> <b>Italian Vegetable Blend</b> or Diced Rutabaga <b>Frosted Cake</b> or Canned Fruit  Soup of the Day Navy Bean and Ham	<b>Lunch: 12:15pm</b> <b>Pork Carnitas Bake</b> or Deli Chicken Sandwich w/ lettuce <b>Tortilla Chips</b> or Mashed/Gravy <b>Cowboy Caviar</b> or Cauliflower <b>Sugar Cookie</b> or Canned Fruit  Soup of the Day Chicken Cordon Bleu	<b>Lunch: 12:15 pm</b> <b>Hamburger on a Bun</b> w/ L/T/O, pickle or Breaded Pork Patty <b>Baked Beans</b> or Mashed Potatoes <b>Harvard Beets</b> or Lima Beans <b>Fruit Cocktail</b> or Canned Fruit  Soup of the Day French Onion	<b>Lunch: 12:15 pm</b> <b>Tater Tot Casserole</b> or BBQ Chicken Breast & Mashed Potato/Gravy <b>Creamed Corn</b> or Brussels Sprouts <b>Wheat Bread</b> <b>Crushed Pineapple</b> or Canned Fruit  Soup of the Day Bean and Bacon	<b>Lunch: 12:15pm</b> <b>Hearty Beef Stew</b> or Fish Square/Bun & Mashed/Gravy <b>Steamed Baby Carrots</b> or Pickled Beets <b>Dinner Roll</b> <b>Bread Pudding</b> or Canned Fruit  Soup of the Day Cream of Potato	<b>Lunch: 12:15pm</b> <b>Chicken à la King</b> over a Biscuit or Salisbury Steak & Mashed Potatoes <b>Stewed Tomatoes</b> or Mashed Squash <b>Mango</b> or Canned Fruit  Soup of the Day Chicken Gumbo
<b>Supper: 5:30pm</b> <b>Hot Open-Faced</b> <b>Turkey Sandwich</b> or Salmon w/ Dill Sauce <b>Mashed Potato/Gravy</b> or Buttered Egg Noodles <b>Peas</b> or Diced Beets <b>Pumpkin Mousse</b> or Canned Fruit  Soup of the Day Cheeseburger	<b>Supper: 5:30pm</b> <b>Pulled Chicken</b> <b>Sandwich</b> or BBQ Meatballs <b>French Fries</b> or Mashed Potatoes/Gravy <b>Creamy Coleslaw</b> or Diced Carrots <b>Lime Gelatin &amp; Pears</b> or Canned Fruit  Soup of the Day Navy Bean and Ham	<b>Supper: 5:30pm</b> <b>Meatball Marinara &amp;</b> <b>Mozzarella Sub</b> or Baked Ham <b>Potato Cubes</b> or Mashed Potato/Gravy <b>Cranberry Cole Slaw</b> or Zucchini Wheat Bread <b>German Chocolate</b> <b>Cake</b> or Canned Fruit  Soup of the Day Chicken Cordon Bleu	<b>Supper: 5:30pm</b> <b>3 Meat Pizza</b> Basil Baked Cod & Mashed Potatoes/Gravy <b>Green Beans</b> or Peas Wheat Bread <b>Mandarin Orange</b> <b>Gelatin Salad</b> or Canned Fruit  Soup of the Day French Onion	<b>Supper: 5:30pm</b> <b>Egg Salad on Croissant</b> w/ Lettuce Leaf or Pork Steak <b>Potato O'Brien</b> or Mashed Potatoes/Gravy <b>Spinach</b> or Broccoli Wheat Bread <b>Cherry Italian Ice</b> or Canned Fruit  Soup of the Day Bean and Bacon	<b>Supper: 5:30pm</b> <b>Lemon Pepper Fish</b> or Turkey Patty w/ Gravy <b>Mashed Potatoes/Gravy</b> <b>Fried Okra</b> or Cauliflower <b>Wheat Bread</b> <b>Grapes</b> Or Canned Fruit  Soup of the Day Cream of Potato	<b>Supper: 5:30pm</b> <b>BBQ Riblet</b> or Chicken Thigh <b>Bacon Cheddar Mashed</b> <b>Potatoes</b> or Mashed w/ Gravy <b>Creamy Cucumber,</b> <b>Onion Tomato Salad</b> or Diced Carrots <b>Wheat Bread</b> <b>Oatmeal Raisin Cookie</b> 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 3/29/2026	Monday 3/30/2026	Tuesday 2/31/2026	Wednesday 4/1/2026	Thursday 4/2/2026	Friday 4/3/2026	Saturday 4/4/2026
<b>Breakfast: 6:45am</b> Fruit Juice Hard Boiled Eggs Sausage Patty French Toast w/syrup <b>Malt-O-Meal</b> or Oatmeal	<b>Breakfast: 6:45am</b> Fruit Juice Scrambled Eggs Wheat Toast & Jelly <b>Oatmeal</b> Or Cream of Wheat	<b>Breakfast: 6:45am</b> Fruit Juice Breakfast Sandwich (Egg Patty/Cheese/Bacon on Croissant) <b>Cream of Wheat</b> Or Malt o Meal	<b>Breakfast: 6:45am</b> Fruit Juice Denver Scramble Wheat Toast & Jelly Cheesy Corn Grits Or Oatmeal	<b>Breakfast: 6:45am</b> Fruit Juice Fried Eggs Wheat Toast & Jelly <b>Oatmeal</b> or Cream of Wheat	<b>Breakfast: 6:45am</b> Fruit Juice Scrambled Eggs Banana Muffin <b>Oatmeal</b> or Grits	<b>Breakfast: 6:45am</b> Fruit Juice Cheese Omelet Pork Bacon Wheat Toast & Jelly <b>Cream Of Wheat</b> or Oatmeal
<b>Lunch: 11:45am</b> Open-Faced Hot Roast Beef Sandwich Mashed Potatoes w/Gravy Peas Assorted Pie  Soup of the Day Chefs Choice	<b>Lunch: 11:45am</b> BBQ Pork on a Bun Baked Mac & Cheese Coleslaw Mandarin Oranges  Soup of the Day Split Pea w/Ham	<b>Lunch: 11:45am</b> Beef Stew Biscuit Zucchini Pineapple Upside Down Cake  Soup of the Day Chicken Wild Rice	<b>Lunch: 11:45am</b> BBQ Chicken Roasted Potatoes Dill Carrots Strawberries & Cream  Soup of the Day Cream of Potato w/Bacon	<b>Lunch: 11:45am</b> Meatloaf Mashed Potatoes Buttered Corn Wheat Bread Fresh Melon  Soup of the Day Tomato	<b>Lunch: 11:45am</b> Egg Salad on a Croissant Cucumber and Feta Salad Potato Chips Bread Pudding  Soup of the Day Broccoli and Cheese	<b>Lunch: 11:45am</b> Country Fried Steak Homemade Mashed and Gravy Green Beans Tropical Fruit  Soup of the Day Lentil
<b>Supper: 4:45pm</b> Breaded Cod Diced Potatoes Beets Canned Fruit  Soup of the Day Chefs Choice	<b>Supper: 4:45pm</b> Chicken Tenders Tater Tots Winter Blend Vegetable Cookie  Soup of the Day Split Pea w/Ham	<b>Supper: 4:45pm</b> Salisbury Steak Rice w/Gravy Carrots Wheat Roll Pears  Soup of the Day Chicken Wild Rice	<b>Supper: 4:45pm</b> Personal 3 meat Pizza Garlic Bread Salad Bar Chocolate Brownie  Soup of the Day Cream of Potato w/Bacon	<b>Supper: 4:45pm</b> Kielbasa Sauerkraut Baked Beans Pumpkin Bar  Soup of the Day Tomato	<b>Supper: 4:45pm</b> Bean Cheese Burrito Spanish Rice Green beans Wheat Bread Grapes  Soup of the Day Broccoli and Cheese	<b>Supper: 4:45pm</b> Chicken Alfredo over Pasta Broccoli Breadstick Ice Cream  Soup of the Day Lentil