

Sunday 9/27/2026	Monday 9/28/2026	Tuesday 9/29/2026	Wednesday 9/30/2026	Thursday 10/1/2026	Friday 10/2/2026	Saturday 10/3/2026
Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Cream of Wheat Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Cheesy Scrambled Eggs or Scrambled Eggs Oatmeal or Malt-O-Meal Cinnamon Roll or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Grits Sausage Links Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Hard Boiled Eggs or Scrambled Eggs Oatmeal or Cream of Wheat Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Grits Pork Bacon Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Cream of Wheat Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Malt-O-Meal Banana Bread or Wheat Toast & Jelly
Lunch: 12:15pm Beef Pot Roast or Salami Sandwich w/ Lettuce, Tomato, Onion Baked Potato w/ Sour Cream Cauliflower or Green Peas Dinner Roll Cherry Pie or Applesauce 🍲 Soup of the Day Split Pea and Ham	Lunch: 12:15pm Fried Catfish or BBQ Meatballs Baked Mac and Cheese or Mashed w/ Gravy Asparagus or Citrus Beets Wheat Bread Strawberry Shortcake or Canned Fruit 🍲 Soup of the Day Corn Chowder	Lunch: 12:15pm Beef Stroganoff or Turkey Patty on a Bun Buttered Egg Noodles or Mashed Potatoes w/ Gravy Mixed Vegetables or Steamed Broccoli Butterscotch Pudding or Canned Fruit 🍲 Soup of the Day French Onion	Lunch: 12:15pm Beef Hotdog on a Bun or Chicken thigh Baked Beans or Mashed Potatoes w/ Gravy Collard Greens or Wax Beans Lemon Blueberry Glazed Cake or Canned Fruit 🍲 Soup of the Day Stuffed Bell Pepper	Lunch: 12:15pm Grilled Cheese Sandwich or Baked Ham Potato Chips or Mashed Potatoes w/ Gravy Roasted Broccoli or Diced Carrots Assorted Italian Ice or Canned Fruit 🍲 Soup of the Day Tomato Soup	Lunch: 12:15pm Turkey Pot Pie or Baked Pollock & Mashed Potatoes/Gravy Brussels Sprouts or Creamed Corn Wheat Bread Fresh Watermelon or Canned Fruit 🍲 Soup of the Day Loaded Cauliflower	Lunch: 12:15pm BBQ Bone-In Pork Ribs or Swedish Meatballs Rosemary Red Potatoes or Mashed Potatoes/ Gravy Wax Beans or Steamed Summer Squash Wheat Bread Ice Cream Bar or Canned Fruit 🍲 Soup of the Day Chicken and Rice
Supper: 5:30pm Baked Chicken Mashed Potatoes/Gravy Diced Carrots Grapes or Canned Fruit Alternate: Eggs Salad Sandwich 🍲 Soup of the Day Split Pea and Ham	Supper: 5:30pm Personal Vegetable Pizza Lettuce Salad w/ Italian Dressing Cottage Cheese & Peaches or Canned Fruit Alternate: Deli Ham Sandwich 🍲 Soup of the Day Corn Chowder	Supper: 5:30pm Lime Chicken Soft Shell Tacos Pinto Beans Steamed Southwest Veg. Blend Carnival Cookie or Canned Fruit Alternate: Roast Beef Sandwich 🍲 Soup of the Day French Onion	Supper: 5:30pm Turkey Noodle Casserole Green Beans Wheat Bread Mandarin Oranges or Canned Fruit Alternate: Chicken Salad Sandwich 🍲 Soup of the Day Stuffed Bell Pepper	Supper: 5:30pm Chicken Parmesan Pasta w/ Marinara Sauce Steamed Cauliflower Garlic Bread Poke Cake w/ Whipped Topping or Canned Fruit Alternate: Bologna Sandwich 🍲 Soup of the Day Tomato Soup	Supper: 5:30pm Smothered Pork Chop Au 'Gratin Potatoes Asparagus Tips Wheat Bread Fruit Salad or Canned Fruit Alternate: Tuna Salad Sandwich 🍲 Soup of the Day Loaded Cauliflower	Supper: 5:30pm Marinated Beef Tips Bacon, Ranch Pasta Salad Diced Beets Fruited Gelatin w/ Whip or Canned Fruit Alternate: Deli Chicken Sandwich 🍲 Soup of the Day Chicken and Rice
8	9	10	11	12	13	14

Week 2 Minnesota Veterans Home-Minneapolis Weekly Menu – DOMS				Spring/Summer 2026		Jeanine Arneberg, LD RDN
Coffee, Milk and Margarine will be offered with all meals. 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 9/27/2026	Monday 9/28/2026	Tuesday 9/29/2026	Wednesday 9/30/2026	Thursday 10/1/2026	Friday 10/2/2026	Saturday 10/3/2026
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 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 Pepper Steak Baked Potato Diced Carrots Dinner Roll Fruit Pie  Soup of the day Cream of Potato	Lunch: 11:45am Catfish Baked Mac and Cheese Diced Squash Wheat Bread Ice Cream Bar  Soup of the day Chicken Noodle	Lunch: 11:45am Beef Tacos (soft or hard shell) Cheesy Fiesta Rice Corn Canned Fruit  Soup of the day Tomato	Lunch: 11:45am Turkey Noodle Casserole Asparagus Wheat Bread Watermelon  Soup of the day Chicken Wild Rice	Lunch: 11:45am Meatloaf Mashed Potatoes w/Gravy Green Beans Fresh Grapes  Soup of the day Vegetable	Lunch: 11:45am Chicken Pot Pie Diced Carrots Peanut Butter Cookie  Soup of the day Chicken Dumpling	Lunch: 11:45am Vegetable Lasagna Italian Blend Vegetable Garlic Bread Honey and Graham Cracker Mousse  Soup of the day Chefs Choice
Supper: 4:45pm Chicken Chow Mein over White Rice Vegetable Egg Roll Fortune Cookie Grapes  Soup of the day Cream of Potato	Supper: 4:45pm Meatballs and Gravy Mashed Potatoes/Gravy Peas Wheat Bread Fruited Gelatin  Soup of the day Chicken Noodle	Supper: 4:45pm Grilled Cheese Tater Tots Green Beans Strawberry Jello Cake  Soup of the day Tomato	Supper: 4:45pm Pulled Pork Sandwich w/BBQ Sauce French Fries Pickle Creamy Coleslaw Melon Cup  Soup of the day Chicken Wild Rice	Supper: 4:45pm Tuna Salad Sandwich Potato Chips 3 Bean Salad Ice Cream Cup  Soup of the day Vegetable	Supper: 4:45pm Bratwurst on a Bun Sauerkraut French Fries Fruit Salad  Soup of the day Chicken Dumpling	Supper: 4:45pm Chicken Caesar Wrap Quinoa Salad Peaches  Soup of the day Chefs Choice
8	9	10	11	12	13	14