

Week 3 Minnesota Veterans Home-Minneapolis Weekly Menu Calendar – Nursing Care				Spring/Summer 2026-2027		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 are available at lunch and supper.				★ <i>Denotes new menu items</i>			
Sunday 10/04/2026	Monday 10/05/2026	Tuesday 10/06/2026	Wednesday 10/07/2026	Thursday 10/08/2026	Friday 10/09/2026	Saturday 10/10/2026	
Breakfast: 7:30am Fruit Juice Fried Eggs or Scrambled Eggs Oatmeal or Cream of Wheat Cherry Strudel Stick or Wheat Toast w/ Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard Boiled Oatmeal or Grits Wheat Toast & 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 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 Hard Boiled Eggs or Scrambled Eggs Oatmeal or Malt-O-Meal French Toast/ Syrup or Wheat Toast & Jelly	Breakfast: 7:30am Fruit Juice Scrambled Eggs or Hard-Boiled Eggs Oatmeal or Cream of Wheat Blueberry Muffin or Wheat Toast & Jelly	
Lunch: 12:15pm Turkey Roast or Baked Ham Baked Sweet Potato or Baked Beans Asparagus or Diced Carrots Dinner Roll Rhubarb Pie or Canned Fruit  Soup of the Day Vegetable Beef	Lunch: 12:15pm Meatballs w/ Onion Gravy or Baked Tuna Noodle Casserole Potato Wedges 5 Way Mixed Vegetables or Peas Wheat Bread Fresh Grapes or Canned Fruit  Soup of the Day Turkey Chili	Lunch: 12:15pm Smothered Chicken Enchilada or BBQ Meatballs Pinto Beans or White Rice Confetti Corn or Fresh Broccoli w/ Ranch Wheat Bread Fruited Jell-O Salad or Canned Fruit  Soup of the Day Chicken and Dumpling	Lunch: 12:15pm Grilled Hot Ham & Cheese Sandwich or Salisbury Steak Crinkle Cut Fries or Mashed Potatoes/ Gravy Green Beans or Lima Beans Wheat Bread Banana Pudding w/ Whipped Topping or Canned Fruit  Soup of the Day Creamy Tomato	Lunch: 12:15pm Bone-In Oven Fried Chicken Mashed Potatoes w/ Gravy or Turkey Patty on Bun Broccoli or Hubbard Squash Fresh Cantaloupe or Canned fruit  Soup of the Day Beef and Barley	Lunch: 12:15pm Polish Sausage w/ Sauerkraut on a Bun or Beer Battered Cod Nuggets w/ Pretzels Creamy Coleslaw or Wax Beans Frosted Black Forest Cake 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 Steamed Brussels Sprouts or Spinach Sugar Cookie or Canned Fruit  Soup of the Day Turkey Noodle	
Supper: 5:30pm Crispy Chicken on a Bun w/ Lettuce/ Tomato Calico Beans Corn on a Cob Creamy Fruit Salad or Canned Fruit Alternate Entrée: Egg Salad Sandwich  Soup of the Day Vegetable Beef	Supper: 5:30pm Beef Lasagna Side Salad with Italian Dressing Garlic Breadstick Apricots or Canned Fruit Alternate Entrée: Deli Ham Sandwich  Soup of the Day Turkey Chili	Supper: 5:30pm Pork Cutlet w/ Gravy Baked Potato w/ Sour Cream Diced Beets Apple Sauce or Canned Fruit Alternate Entrée: Roast Beef Sandwich  Soup of the Day Chicken and Dumpling	Supper: 5:30pm Salmon Fillet w/ Dill Sauce Mashed Potatoes w/ Gravy 3 Bean Salad Peach Cobbler w/ Whip or Canned Fruit Alternate Entrée: Chicken Salad Sandwich  Soup of the Day Creamy Tomato	Supper: 5:30pm Spaghetti with Meat Sauce & Parmesan Italian Blend Veg. Garlic Toast Fudge Ice Cream Bar or Canned Fruit Alternate Entrée: Bologna Sandwich  Soup of the Day Beef and Barley	Supper: 5:30pm Baked Chicken Thigh Bread Stuffing Cucumber Salad w/ onion & feta Crushed Pineapple or Canned Fruit Alternate Entrée: Tuna Salad Sandwich  Soup of the Day Sausage and White Bean	Supper: 5:30pm Pork Egg Roll Asian Fried Rice Oriental Blend Veg Fortune Cookie Mango's w/ Cottage Cheese or Canned Fruit Alternate Entrée: Deli Chicken Sandwich Soup of the Day Turkey Noodle	
15	16	17	18	19	20	21	

Week 3 Minnesota Veterans Home-Minneapolis Weekly Menu – DOMS				Spring/Summer 2026		Jeanine Arneberg, RDN, LD
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 10/4/2026	Monday 10/5/2026	Tuesday 10/6/2026	Wednesday 10/7/2026	Thursday 10/8/2026	Friday 10/9/2026	Saturday 10/10/2026
Breakfast: 6:45AM Fruit Juice Scrambled Eggs Sausage Gravy over a Biscuit Oatmeal or Grits	Breakfast: 6:45AM Fruit Juice Egg Bake Pancakes w/ Syrup Cream of Wheat or Oatmeal	Breakfast: 7:00am Eggs Made to Order Your Way in the Lower-Level Lounge 	Breakfast: 6:45AM Fruit Juice Scrambled Eggs Sausage Patty Wheat Toast/ Jelly Oatmeal or Grits	Breakfast: 6:45AM Fruit Juice Cheesy Scrambled Eggs Hashbrown Patty Wheat Toast/ Jelly Oatmeal or Cream of Wheat	Breakfast: 6:45AM Fruit Juice Fried Eggs Wheat Toast & Jelly Oatmeal Or Grits	Breakfast: 6:45AM Fruit Juice Scrambled Eggs Pork Bacon Wheat Toast & Jelly Oatmeal or Cream of Wheat
Lunch: 11:45AM Baked Turkey Mashed Potato w/Gravy Diced Carrots Dinner Roll Cream Pie  Soup of the day Cream of Potato	Lunch: 11:45AM Cabbage Roll Sweet Potato Fries Green Beans Tropical Fruit Jell-O  Soup of the day Chicken Noodle	Lunch: 11:45AM Chicken Enchilada Spanish Rice Confetti Corn Strawberry Shortcake  Soup of the day Garden Vegetable	Lunch: 11:45AM Crispy Chicken Patty on a Bun Lettuce, Tomato, Onion Loaded Mashed Potatoes Orange Sherbet Bar  Soup of the day Chicken Wild Rice	Lunch: 11:45AM BBQ Pork Riblet on a Bun O’Brien Potatoes Creamy Coleslaw Strawberries w/Whipped Topping  Soup of the day Beef Barley	Lunch: 11:45AM Tuna Salad on a Croissant Potato Chips Cucumber Salad w/ onion & feta Frosted Cupcake  Soup of the day Chicken Dumpling	Lunch: 11:45AM Mushroom Swiss Burger French Fries Chefs Choice Vegetable Brownie  Soup of the day Chefs Choice
Supper: 4:45PM Brat Patty on a Bun w/Lettuce, Tomato Calico Beans Sweet Corn Creamy Fruit Salad  Soup of the day Cream of Potato	Supper: 4:45PM Vegetable Lasagna Italian Blend Veg. Breadstick Grapes  Soup of the day Chicken Noodle	Supper: 4:45PM Mini Corn Dogs Potato Salad Broccoli Melon Cup  Soup of the day Garden Vegetable	Supper: 4:45PM Grilled Ham and Cheese French Fries Chefs Choice Vegetable Cantaloupe  Soup of the day Chicken Wild Rice	Supper: 4:45PM Personal 3 Meat Pizza Italian Blend Vegetable Breadstick Cookie  Soup of the day Beef Barley	Supper: 4:45PM Pork Egg Roll White Rice Oriental Blend Vegetables Chefs Choice Dessert  Soup of the day Chicken Dumpling	Supper 4:45PM Baked Chicken Rice pilaf Stewed Tomatoes Mangos  Soup of the day Chefs Choice
15	16	17	18	19	20	21