Week 4 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. ☆ ***Denotes new menu items***

Sunday 10/11/2026	Monday 10/12/2026	Tuesday 10/13/2026	Wednesday 10/14/2026	Thursday 10/15/2026	Friday 10/16/2026	Saturday 10/17/2026
Breakfast: 7:30am Fruit Juice **Fried 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 Cream of Wheat **Waffles/ Syrup** Wheat Toast & Jelly	**Breakfast: 7:30am** Fruit Juice **Hard Boiled Eggs** or Scrambled Eggs **Oatmeal** Or Malt-O-Meal **Sausage Gravy & Biscuit** or Wheat Toast & Jelly	**Breakfast: 7:30am** Fruit Juice **Scrambled Eggs** or Hard-Boiled Eggs **Oatmeal** or Cream of Wheat **Wheat Toast & Jelly**	**Breakfast: 7:30am** Fruit Juice **Hard Boiled Eggs** or Scrambled Eggs **Oatmeal** or Corn Grits **Pork Bacon** **Wheat Toast & Jelly**	**Breakfast: 7:30am** Fruit Juice **Scrambled Eggs** or Hard-Boiled Eggs **Oatmeal** or Cream of Wheat **Wheat Toast & Jelly**	**Breakfast: 7:30am** Fruit Juice **Fried Eggs** or Scrambled Eggs **Oatmeal** or Malt-O-Meal **Wheat Toast & Jelly**
Lunch: 12:15pm **Meatloaf** or Chicken Thigh **Sour Cream & Chive Mashed Potatoes** or 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 Pork Cutlet w/ Mashed Potatoes/Gravy **Breadstick** or Wheat Bread **Steamed Summer Squash** or Green Beans **Frosted Lemon Cake** or Canned Fruit Soup of the Day Navy Bean and Ham	**Lunch: 12:15pm** **Meatball Marinara & Mozzarella Sub** Or Chicken Tenders **Potato Cubes** or Mashed/Gravy **Italian Blend Vegetables** or Harvard Beets **Sugar Cookie Fruit Tart** or Canned Fruit Soup of the Day Chicken Noodle	**Lunch: 12:15 pm** **Turkey Burger on a Bun w/ L/T/O** or Black Bean Burger **Potato Salad** or Mashed Potato w/ Gravy **Diced Rutabaga** or Lima Beans **Fruit Cocktail** or Canned Fruit Soup of the Day French Onion	**Lunch: 12:15 pm** **Tater Tot Casserole** or Breaded Pork Patty & Mashed Potatoes/Gravy **Creamed Corn** or Brussels Sprouts **Wheat Bread** **Crushed Pineapple** or Canned Fruit Soup of the Day Bean and Bacon	**Lunch: 12:15pm** **Beef Chili Dog on a Bun** or Beer Battered Cod Nuggets w/ Mashed/Gravy **Sweet Potato Fries** **7- Layer Salad** or Pickled Beets **Grapes** or Canned Fruit Soup of the Day Cream of Baked Potato	**Lunch: 12:15pm** **Turkey Ala King over a Biscuit** or Hamburger Steak & Mashed Potatoes **Steamed Green Beans** or Mashed Squash **Mango** or Canned Fruit Soup of the Day Chicken Gumbo
Supper: 5:30pm **Hot Open-Faced Turkey Sandwich** **Mashed Potatoes/Gravy** **Diced Carrots** **Blueberries w/ Whipped Topping** or Canned Fruit Alternate: Egg Salad Sandwich Soup of the Day Cheeseburger	**Supper: 5:30pm** **Pulled Chicken Sandwich** **French Fries** **Creamy Cucumber, Onion & Tomato Salad** **Lime Gelatin & Pears w/ Whipped Topping** or Canned Fruit Alternate: Deli Ham Sandwich Soup of the Day Navy Bean and Ham	**Supper: 5:30pm** **Basil Baked Cod** **Baked Potato w/ sour cream** **Fried Okra** **Wheat Bread** **Pineapple Upside Down Cake** or Canned Fruit Alternate: Roast Beef Sandwich Soup of the Day Chicken Noodle	**Supper: 5:30pm** **Pork Carnitas Bake** **Cowboy Caviar** **Tortilla Chips** **Mandarin Orange Gelatin Salad** or Canned Fruit Alternate: Chicken Salad Sandwich Soup of the Day French Onion	**Supper: 5:30pm** **Western Egg Bake** **Roasted Broccoli** **Hashbrown Patty** **Fresh Melon** or Canned Fruit Alternate: Bologna Sandwich Soup of the Day Bean and Bacon	**Supper: 5:30pm** **Lemon Pepper Fish** **Vinegar Cole Slaw** **Rice Pilaf** **Wheat Bread** **Marble Swirl Ice Cream** Or Canned Fruit Alternate: Deli Ham Sandwich Soup of the Day Cream of Baked Potato	**Supper: 5:30pm** **Sweet & Sour Chicken** **White Rice** **Oriental Blend Vegetables** **Angel Food Delight** or Canned Fruit Alternate: Tuna Salad Sandwich Soup of the Day Chicken Gumbo
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