Week 1 Minnesota Veterans Home-Minneapolis Weekly Menu – Nursing Care **Fall/Winter 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 & supper ☆ ***Denotes new menu items***

Sunday 10/18/2026	Monday 10/19/2026	Tuesday 10/20/2026	Wednesday 10/21/2026	Thursday 10/22/2026	Friday 10/23/2026	Saturday 10/24/2026
Breakfast: 7:30am Fruit Juice **Scrambled Eggs** or Hard-Boiled Eggs **Oatmeal** or Cream of Wheat **Cinnamon Swirl French Toast w/Syrup** or Wheat Toast & Jelly	**Breakfast: 7:30am** Fruit Juice **Fried Eggs** or Scrambled Eggs **Oatmeal** or Malt-O-Meal **Hash Brown Patty** or Wheat Toast & Jelly	**Breakfast: 7:30am** Fruit Juice **Scrambled Eggs** or Hard-Boiled Eggs **Oatmeal** or Cheesy Corn Grits **Sausage Links** **Wheat Toast & Jelly**	**Breakfast: 7:30am** Fruit Juice **Hard Boiled Eggs** or Scrambled Eggs **Blueberry Oatmeal** or Malt-O-Meal **Wheat Toast & Jelly**	**Breakfast: 7:30am** Fruit Juice **Scrambled Eggs** or Hard Boiled **Oatmeal** or Cream of Wheat **Pork Bacon** or Wheat Toast & Jelly	**Breakfast: 7:30am** Fruit Juice **Hard Boiled Eggs** or Scrambled Eggs **Oatmeal** or Cream of Wheat **Banana Muffin** Or Wheat Toast & Jelly	**Breakfast: 7:30am** Fruit Juice **Scrambled Eggs** or Hard-Boiled Eggs **Oatmeal** or Malt-O-Meal **S.O.S on Texas Toast** or Wheat Toast & Jelly
Lunch: 12:15pm **Honey Ham** or Hamburger Steak **Au Gratin Potatoes** or Mashed Potatoes/Gravy **Green Beans** or Creamed Corn **Dinner Roll** or Wheat Bread **Cream Pie** or Canned Fruit Soup of the Day New England Clam Chowder	**Lunch: 12:15pm** **Meatloaf** or Breaded Fish Patty/Bun **Mashed Potatoes/Gravy** Or Sweet Potato Fries **Lima Beans** or Vinegar Coleslaw **Wheat Bread** **Grapes** or Canned Fruit Soup of the Day Minestrone	**Lunch: 12:15pm** **Salmon Patty w/ Dill Sauce** or Beef Cabbage Roll **Mashed Potatoes/Gravy** **Diced Carrots** or Butternut Squash **Wheat Bread** **Apple Crisp w/ Whipped Topping** or Canned Fruit Soup of the Day Cheesy Chicken Enchilada	**Lunch: 12:15pm** **BBQ Pork Riblet** or Cheesy Quesadilla w/ sour cream and salsa **Mashed Potatoes/Gravy** **5-Way Vegetables** or Fresh Carrot Sticks/ Ranch **German Chocolate Cake** or Canned Fruit Soup of the Day Cream of Broccoli Cheddar	**Lunch: 12:15pm** **Sloppy Joe on a Bun** or Baked Cod **Potato Chips** or Mashed Potatoes/Gravy **Brussels Sprouts** or Broccoli **Ambrosia Salad** or Canned Fruit Soup of the Day Chicken Wild Rice	**Lunch: 12:15pm** **Chicken Alfredo over Pasta** or Travern Pollock with Mashed Potatoes w/ Gravy **Prince Edward Blend** or Roasted Cauliflower **Garlic Breadstick** **Fruited Gelatin w/ whipped topping** or Canned Fruit Soup of the Day Vegetable Noodle	**Lunch: 12:15pm** **Beef Meatballs w/ Gravy** Or Herb Baked Chicken Breast **Mashed Potatoes/ Gravy** or Rice Pilaf **Pickled Beets** or Normandy Blend **Crème Brulé** or Canned Fruit Soup of the Day White Chicken Chili
Supper: 5:30pm **Chili Mac & Cheese** **Steamed Cauliflower** **Corn Bread Muffin** **Fresh Strawberries** or Canned Fruit Alternate: Eggs Salad Sandwich Soup of the Day New England Clam Chowder	**Supper: 5:30pm** **Baked Chicken Thigh** **Vegetarian Curry Rice** **Creamed Spinach** **Carnival Cookie** or Canned Fruit Alternate: Deli Ham Sandwich Soup of the Day Minestrone	**Supper: 5:30pm** **Beef Fritter w/ Country Gravy** **Mashed Potatoes/ Gravy** **Peas** **Pears** or Canned Fruit Alternate: Chicken Salad Sandwich Soup of the Day Cheesy Chicken Enchilada	**Supper: 5:30pm** **Mini Corn Dogs** **Steak Fries** **Lettuce, Radish, Cucumber Salad** **Pineapple Tidbits** or Canned Fruit Alternate: Roast Beef Sandwich Soup of the Day Cream of Broccoli Cheddar	**Supper: 5:30pm** **Breaded Chicken Tenders with BBQ** **Mashed Potatoes/Gravy** **Green Beans** **Fruit Salad** or Canned Fruit Alternate: Bologna Sandwich Soup of the Day Chicken Wild Rice	**Supper: 5:30pm** **Cheeseburger on Bun w/ Lettuce, Tomato, Onion** **Diced Beets** **Strawberry Glaze Cheesecake** or Canned Fruit Alternate: Tuna Salad Sandwich Soup of the Day Vegetable Noodle	**Supper: 5:30pm** **Creamy Kielbasa Pasta** **Asparagus** **Rosy Applesauce** or Canned Fruit Alternate: Deli Chicken Sandwich Soup of the Day White Chicken Chili
1	2	3	4	5	6	7

Week 1 Minnesota Veterans Home-Minneapolis Weekly Menu – DOMS Fall/Winter 2026-2027

Jeanine Arneberg, RD, LDN

☆ *Denotes new menu items*

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, wheat bread, mashed potatoes/gravy are available at lunch & supper.

Sunday 10/18/2026	Monday 10/19/2026	Tuesday 10/20/2026	Wednesday 10/21/2026	Thursday 10/22/2026	Friday 10/23/2026	Saturday 10/24/2026
Breakfast: 6:45am Fruit Juice Breakfast Casserole Blueberry Muffin Oatmeal or Cream of Wheat	**Breakfast: 6:45am** Fruit Juice Cheese Omelet Wheat Toast & Jelly Corn Grits or Oatmeal	**Breakfast**: 6**:45am** Fruit Juice Breakfast Sandwich Oatmeal or Malt-O-Meal	**Breakfast: 6:45am** Fruit Juice Scrambled Eggs Sausage Patty Wheat Toast & Jelly Malt-O-Meal or Oatmeal	**Breakfast: 6:45am** Fruit Juice Hard-Boiled Eggs Waffles/Syrup Cream of Wheat or Oatmeal	**Breakfast: 6:45am** Fruit Juice Fried Eggs English Muffin Oatmeal or Corn Grits	**Breakfast: 6:45am** Fruit Juice Scrambled Eggs Bagel w/ Cream Cheese Pork Bacon Oatmeal or Cream of Wheat
Lunch: 11:45am Baked Ham Homemade Mashed Potatoes/Gravy Collard Greens Dinner Roll Cream Pie Soup of the Day Chefs Choice	**Lunch: 11:45am** Beef Lasagna Italian Blend Vegetable Breadstick Pears Soup of the Day Beef and barley	**Lunch: 11:45am** Chicken Lime Taco (soft or hard shell) Pinto Beans Confetti Corn Spiced Peaches Soup of the Day Chicken Wild Rice	**Lunch: 11:45am** Roasted Pork Loin Mashed Potatoes w/Gravy Mixed Vegetables Fresh Grapes Soup of the Day Cream of Potato w/Bacon	**Lunch: 11:45am** Sloppy Joe on a Bun Diced Potatoes Green Beans Apple Crisp with Whipped Topping Soup of the Day Broccoli and Cheese	**Lunch: 12:00pm**  Soup of the Day Tomato	**Lunch: 11:45am** Beef Meatballs w/ Mashed Potatoes and Gravy Diced Beets Snickerdoodle Cookie Soup of the Day Lentil
Supper: 4:45pm Turkey Chili w/ sour cream and shredded cheddar cheese Broccoli Corn Muffin Strawberries w/Topping Soup of the Day Chefs Choice	**Supper: 4:45pm** Fish Patty on a Bun Asparagus Diced Roasted Potatoes Carnival Cookie Soup of the Day Beef and barley	**Supper: 4:45pm** Beef Fritter Mashed Potatoes w/Gravy Diced Squash Pumpkin Bar Soup of the Day Chicken Wild Rice	**Supper: 4:45pm** Mini Corn Dogs French Fries Broccoli Chocolate Brownie Soup of the Day Cream of Potato w/Bacon	**Supper: 4:45pm** Chicken Tenders Mashed Potatoes w/Gravy Green Peas Tropical Fruit Soup of the Day Broccoli and Cheese	**Supper: 4:45pm** Beer Batter Pollock Rice Pilaf Spinach Wheat Bread Fruited Gelatin w/Topping Soup of the Day Tomato	**Supper: 4:45pm** Turkey Patty on a Bun w/lettuce/Tomato/Onion Baked Beans Fresh Fruit Soup of the Day Lentil
1	2	3	4	5	6	7