

Minneapolis Veteran's Home Adult Day Center
Spring/Summer Lunch Menu October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1. Grilled Cheese Sandwich Tomato Soup Peas and Carrots Seasonal Fruit <u>Dessert</u> Chef's Choice	2. Chef's Choice Meal Chef's Choice Vegetable Seasonal Fruit <u>Dessert</u> Chef's Choice 
5. National Apple Betty Day Chicken Tenders Mixed Vegetable Blend Mashed Potato w/Gravy Seasonal Fruit <u>Dessert</u> – Apple Betty	6. National Noodle Day  A Special Pasta Luncheon! Today's pasta luncheon is generously provided by our caring volunteers. Seasonal Fruit <u>Dessert</u> Chef's Choice	7. Chef's Choice Meal Chef's Choice Vegetable Seasonal Fruit <u>Dessert</u> Chef's Choice 	8. Turkey ala King over a buttermilk Biscuit Green Beans Seasonal Fruit <u>Dessert</u> Chef's Choice	9. Beef Taco Bake Tortilla Chip w/ salsa Seasonal Fruit <u>Dessert</u> – Chefs Choice
12. National Gumbo Day Chicken and Sausage Gumbo White Rice Mixed Vegetable Blend Seasonal Fruit <u>Dessert</u> Chef's Choice	13. Cold Cut Sandwich Chicken noodle Soup Seasonal Fruit <u>Dessert</u> Chef's Choice	14. National Dessert Day Goulash Broccoli White Bread Seasonal Fruit <u>Dessert</u> Chef's Choice	15. Chef's Choice Meal Chef's Choice Vegetable Seasonal Fruit <u>Dessert</u> Chef's Choice 	16. Potato Crusted Pollock Sweet Potato Fries Creamy Coleslaw Seasonal Fruit <u>Dessert</u> Chef's Choice
19. Chef's Choice Meal Chef's Choice Vegetable Seasonal Fruit <u>Dessert</u> Chef's Choice 	20. Chicken and Waffle Day Chicken and Waffles Tater Tots Seasonal Fruit <u>Dessert</u> Chef's Choice	21. Homemade Chili Corn Bread Seasonal Fruit <u>Dessert</u> Chef's Choice	22. Salmon Filet Cauliflower Mashed Potatoes w/Gravy Seasonal Fruit <u>Dessert</u> Chefs Choice	23. Cheese Quesadilla Spanish Rice Elote Corn Seasonal Fruit <u>Dessert</u> Chefs Choice
26. Chicken Fried Steak Day Chicken Fried Steak Mashed Potato w/Gravy Diced Carrots Seasonal Fruit <u>Dessert</u> Chefs Choice	27. Lasagna Green Beans Breadstick Seasonal Fruit <u>Dessert</u> Chef's Choice	28. National Chocolate Day Baked Ham Scalloped Potatoes Diced Carrots Seasonal Fruit <u>Dessert</u> Chocolate Cake	29. Chef's Choice Meal Chef's Choice Vegetable Seasonal Fruit <u>Dessert</u> Chef's Choice 	30. Hamburger on a Bun Sweet Potato Fries Creamy Coleslaw Seasonal Fruit <u>Dessert</u> Chef's Choice

*Breakfast will be chef's choice and will include starch, fruit, and meat

**Beverage Choices at meals include milk, juice, coffee, and tea

***Monthly Menu is subject to change without notice

Approved by: Erin Zwonitzer- MS, RD, LD