Week 3 Minnesota Veterans Home-Minneapolis Weekly Menu Calendar – 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 and supper.

☆ *Denotes new menu items*

Sunday 11/01/2026	Monday 11/02/2026	Tuesday 11/03/2026	Wednesday 11/04/2026	Thursday 11/05/2026	Friday 11/06/2026	Saturday 11/07/2026
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 Eggs **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 **Green Beans** or Cauliflower **Dinner Roll** **Strawberry Rhubarb** **Pie** or Canned Fruit Soup of the Day Vegetable Beef	**Lunch: 12:15pm** **Bourbon Glazed Pork** or Baked Tuna Noodle Casserole **Seasoned Rice** **5-Way Vegetable** **Blend** or Green Peas **Wheat Bread** **Fresh Grapes** or Canned Fruit Soup of the Day Turkey Chili	**Lunch: 12:15pm** **Smothered Chicken** **Enchilada** or Salisbury Steak **Pinto Beans** or Mashed Potatoes/Gravy **Confetti Corn** or Fresh Broccoli w/ Ranch **Fruited Jell-O Salad** or Canned Fruit Soup of the Day Chicken and Dumpling	**Lunch: 12:15pm** **Baked Teriyaki** **Salmon** or BBQ Meatballs **Mashed Potatoes w/ Gravy** **Citrus Beets** or Lima Beans Wheat Bread **Banana Pudding w/** **Whipped Topping** or Canned Fruit Soup of the Day Creamy Tomato	**Lunch: 12:15pm** **Baked Chicken Thigh** **Mashed Potatoes w/ Gravy** or Turkey Patty on Bun w/ Lettuce/ Tomato/Onion **Broccoli** or Hubbard Squash **Fudge Ice Cream Bar** or Canned fruit Soup of the Day Beef and Barley	**Lunch: 12:15pm** **Beef Stew w/ Cornbread** or Beer Battered Cod Nuggets w/ Pretzel Bites w/Honey Mustard **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 Wheat Bread **Peaches** or Canned Fruit Soup of the Day Turkey Noodle
Supper: 5:30pm **Crispy Chicken on a** **Bun w/ lettuce & tomato** **Calico Beans** **Diced Beets** **Creamy Fruit Cocktail** or Canned Fruit Alternate Entrée: Egg Salad Sandwich Soup of the Day Vegetable Beef	**Supper: 5:30pm** **Meatballs & Mashed** **Potatoes w/ Onion** **Gravy** **Diced Rutabaga** **Chocolate Chip** **Cookie** or Canned Fruit Alternate Entrée: Deli Ham Sandwich Soup of the Day Turkey Chili	**Supper: 5:30pm** **Turkey Stuffing** **Casserole** **Diced Carrots** **Mangoes with Cottage** **Cheese** or Canned Fruit Alternate Entrée: Roast Beef Sandwich Soup of the Day Chicken and Dumpling	**Supper: 5:30pm** **Grilled Hot Ham & Cheese** **Sandwich** **Crinkle Cut Fries** **3 Bean Salad** **Pear Crisp** or Canned Fruit Alternate Entrée: Chicken Salad Sandwich Soup of the Day Creamy Tomato	**Supper: 5:30pm** **Spaghetti with Meat** **Sauce & Parmesan** **Cheese** **Italian Blend Veg.** **Garlic Toast** **Apple Sauce** or Canned Fruit Alternate Entrée: Bologna Sandwich Soup of the Day Beef and Barley	**Supper: 5:30pm** **Polish Sausage w/** **Sauerkraut on a Bun** **Sauteed Peppers &** **Onions** **Crushed Pineapple** or Canned Fruit Alternate Entrée: Tuna Salad Sandwich Soup of the Day Sausage and White Bean	**Supper: 5:30pm** **Chicken Chow Mein** **White Rice** **Crispy Chow Mein** **Noodles** **Oriental Blend Veg** **Crushed Pineapple** or Canned Fruit Alternate Entrée: Deli Turkey Sandwich Soup of the Day Turkey Noodle
15	16	17	18	19	20	21

Week 3 Minnesota Veterans Home-Minneapolis Weekly Menu Calendar – DOMS **Fall/Winter 2026-2027**

Jeanine Arneberg, RDN, LD

☆ *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 bar, mashed potatoes & gravy are available at lunch and supper.

Sunday 11/1/2026	Monday 11/2/2026	Tuesday 11/3/2026	Wednesday 11/4/2026	Thursday 11/5/2026	Friday 11/6/2026	Saturday 11/7/2026
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: 7:30am** 	**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 Roasted Turkey Bread Stuffing w/Gravy Peas & Carrots Wheat Bread Apple Cobbler Soup of the Day Chef's Choice	**Lunch: 11:45am** Salmon Fillet w/Dill Sauce Mashed Potatoes w/Gravy Spinach Frosted Cake Soup of the Day Turkey Noodle	**Lunch: 11:45am** Chicken Enchilada Spanish Rice Tortilla Chips w/Cowboy Caviar Carnival Cookie Soup of the Day Chicken Wild Rice	**Lunch: 11:45am** Swedish Meatballs Over Egg Noodles Buttered Corn Dinner Roll Peanut Butter Cookie Soup of the Day Cream of Potato w/Bacon	**Lunch: 11:45am** Buffalo Chicken Wrap French Fries Diced Carrots Wheat Bread Toffee Bar Soup of the Day Broccoli and Cheese	**Lunch: 11:45am** Shrimp w/ Stir Fry Vegetable Blend Lo Mein Noodles Fortune Cookie Frosted Cake Soup of the Day Tomato	**Lunch: 11:45am** Monte Cristo Sandwich Pasta Salad Carrots Chef's Choice Dessert Soup of the Day Vegetable
Supper: 4:45pm Brat Patty on a Bun w/Lettuce/Tomato Calico Beans Corn Diced Mangos Soup of the Day Chef's Choice	**Supper: 4:45pm** Beef Goulash Green Peas Wheat Bread Fresh Fruit Soup of the Day Turkey Noodle	**Supper: 4:45pm** Stuffed Shells Bolognese Broccoli & Cauliflower Vegetable Blend Garlic Biscuit Canned Fruit Soup of the Day Chicken Wild Rice	**Supper: 4:45pm** Oven Fried Chicken Mashed Potatoes w/Gravy Stewed Tomatoes Fruited Gelatin Soup of the Day Cream of Potato w/Bacon	**Supper: 4:45pm** Meatball Marinara Sub Potato Cubes Coleslaw Diced Pears Soup of the Day Broccoli and Cheese	**Supper: 4:45pm** Grilled Cheese Sandwich Potato Chips Mixed Vegetables Melon Cup Soup of the Day Tomato	**Supper: 4:45pm** Pork Egg Roll Asian Rice Oriental Blend Vegetables Fruit Cocktail Soup of the Day Vegetable
15	16	17	18	19	20	21