



The Thompson

Your resource to age well

MENU - JANUARY 2019

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
Meal Pricing: \$7- charge for those under age sixty \$5-Suggested donation for ages sixty and over	CLOSED New Years Day	Tossed Salad, Chicken Pot Pie, Cottage Cheese, Apple, Cranberry Ginger Crumble	Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Coleslaw, Sweet Potato Fries, Rice Pudding	Grilled Hot Dog, on a bun, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert
7	8	9	10	11
Turkey Sandwich w/ Lettuce, Tomato, Cheese on a Multigrain Bun, Apple & Squash Soup, Warm Berry Crisp	Tossed salad, Multigrain Spaghetti & Meatballs, Garlic Bread, Fresh Fruit Salad	Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tossed Salad, Fresh Fruit Salad	Hearty Beef & Vegetable Stew, Cole slaw, Roll, Frosted Banana Bars	Chef's Choice
14	15	16	17	18
Chipped Beef and Egg Gravy on Toast, Dijon Braised Brussel Sprouts, Warm Peach Crisp	Tossed Salad, Pesto Chicken Breast, Lemon Risotto with Peas, Marinated Vegetable Salad, Lemon Cookie and Fruit	Tossed Salad, Orange Tilapia, Rice Pilaf, Sautéed Broccoli, Brownie with Raspberries and Cream	Dijon Crusted Chicken Breasts, Horseradish Mashed Potato, Gravy, Spinach, Cornbread, Jelly Roll	Sweet and Sour Pork, Stir Fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple
21	22	23	24	25
CLOSED Martin Luther King Jr Day	Quiche w/ Asparagus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lemon Mousse with Fresh Berries	Stuffed Peppers, Tossed Salad, Fruit Short Cake	BIRTHDAY DAY* Orange and Herb Roasted Turkey Breast, Parsnip Mashed Potato, Gravy, Balsamic Roasted Asparagus, Roll, Cake and Ice Cream	Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Fresh Fruit Parfait
28	29	30	31	
Chef's Choice	Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots Almond Cake w/Orange Dried Apricot Sauce	Beer Battered Baked Haddock and Chips, Kale Salad, Cookie and Fruit	Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, Three Bean Salad, Coconut Macaroon and Pineapple	* Vegetarian meals & Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available