



The Thompson

Your resource to age well

MENU - FEBRUARY 2019				
Mon	Tue	Wed	Thu	Fri
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Meal Pricing: \$7- charge for those under age sixty \$5-Suggested donation for ages sixty and over	* Vegetarian meals & Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available	*Indicates that sign-up/reservations are required (Birthday Day & Special holiday meals)		Philly Cheese Steak Sandwiches w/ Peppers & Onions, Sweet Potato Fries, Coleslaw, Chef's Choice Dessert
4	5	6	7	8
Beef Lentil Soup, Tossed Salad, Roll, Pumpkin Bread Pudding	Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries	Sweet and Sour Chicken, Stir Fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple	Quiche w/ Asparagus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lemon Cookie and fruit	Tossed Salad, Ziti (a little spicy, with Broccoli, Tomatoes, Italian Sausage) Monterey Ranch Bread, Mixed Fruit Cobbler
11	12	13	14	15
Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Fresh Fruit Parfait	Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Hot Fudge Sundae with Banana	Beer Battered Haddock and Steak Fries, Kale Salad, Ginger Snap and Fruit	Valentine's Day* Mixed Green Salad, Lemony Chicken with Spinach, Artichokes & Roasted Potatoes, Strawberry Cream Puffs	Turkey Sandwich on Multigrain Flat Roll, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Coconut Cream Pie
18	19	20	21	22
President's Day Closed	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll	Tossed Salad, Macaroni and Cheese w/ Ham, Broccoli & Cauliflower, Poached Pears	Chili, Corn Bread, Cole Slaw, Pineapple Upside Down Cake	Chef's Choice
25	26	27	28	
Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Black Raspberry Ice Cream w/ Berries	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Warm Peach Crisp	Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Blueberry Cake	Birthday Day* Grilled Maple-Garlic Marinated Pork Loin, Citrus Sweet Potato Mash, Green Bean Amandine, Cake & Ice Cream	