



The Thompson

Your resource to age well

MENU - SEPTEMBER 2019				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
CLOSED for Labor Day	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Blueberry Crisp	Beef Stroganoff, Roasted Vegetables, Brownie Sundaes	BBQ Pulled Pork Sandwich, Coleslaw, Bean Salad, Fresh Fruit Parfait	Italian Basil Pasta Salad, Waldorf Salad, Chicken Salad Plate with Lettuce and Roll, Chef's Choice Dessert
9	10	11	12	13
Reading Day* Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries and Cream Roll	Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Broccoli Salad, Sorbet and Fruit	Grilled Salmon Burger On a Multigrain Roll, Potato Salad, Grilled Vegetable Salad, Warm Berry Crisp	Senior Center Month BBQ* Chicken BBQ, Potato Salad, Cole Slaw, Corn Bread, Ice Cream Cone
16	17	18	19	20
Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Brownie	Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tomato & Mozzarella Salad, Fresh Fruit Salad	Shepherd's Pie, Vegetable Medley, Poached Pears	Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin cookies/fruit	Chef's Choice
23	24	25	26	27
Vegetable & Chicken Stir Fry, Brown Rice, Cookie w/ Fruit	Spaghetti & Meatballs, Tossed Salad, Garlic Bread, Fruit Salad	Pork and Apple Curry, Scallion Brown Rice, Broccoli, Cauliflower, Kale Slaw, Mandarin Orange Delight	Birthday Day* Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Grilled Asparagus, Garlic Smashed Potato, Roll, Cake & Ice Cream	Tossed Salad, Cajun Tilapia, Brown Rice, Braised Collard Greens, Chocolate Chip Cookies
30				
Turkey Sandwich w/ lettuce, tomato, cheese on a multigrain bun, Apple & Squash Soup, Warm Berry Crisp			Meal Pricing: ** \$ 7 <u>charge</u> 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