



The Thompson

Your resource to age well

MENU - OCTOBER 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	Tossed Salad, Hearty Beef and Vegetable Stew, Roll, Blueberry Cake	Asian Pork Burgers on Multigrain Round w/ Lettuce and Sweet & Sour BBQ Sauce, Roasted Steak Fries, Asian Slaw, Fresh Fruit Parfait	Our National Parks Dinner Presentation* (No lunch served) Mesclun Greens w/ vinaigrette, Coq Au Vin, Parsley Potatoes, Green Beans, Sabayon with Strawberries	Chili, Corn Bread, Cole Slaw, Pineapple Upside Down Cake
7	8	9	10	11
Woodstock Day* Lemony Chicken with Spinach, Artichokes & Roasted Potatoes, Strawberry Cake	Shepherd's Pie, Tuscan style Vegetables, Chef's Choice Dessert	Beefy Baked Ravioli, Garlic Bread, Greek Salad w/ Mixed Greens, Roasted Red Peppers, Olives, Tomatoes, Cucumber, Feta Cheese, Fresh Fruit	Salmon en Crouete, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie	Oktoberfest* Bratwurst, Apfel-Rotkohl, (braised red cabbage and apples), Warm Potato Salad, Apple Strudel
14	15	16	17	18
CLOSED for Columbus Day	Chicken Milano with Basil and Sundried Tomatoes served over Fettuccini, Tossed Salad, Fresh Fruit Salad	Italian Pork Stew, Garlic Bread, Tossed Salad, Berries and Cream Crepes	Tortellini with Asparagus and Lemon topped with Grilled Chicken served with Cucumber, Tomato Salad, Lime and Spice Peach Cobbler	Chef's Choice
21	22	23	24	25
Tossed Salad, Chicken Ala King, Vegetable Medley Biscuits, Fresh Fruit	Curried Coconut Pork, Stir Fried Vegetables, Scallion Brown Rice, Chocolate Whoopie Pie	Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, Brown Rice, Roll, Lemon Meringue Pie	Birthday Day* Grilled Maple-Garlic Marinated Pork Loin, Citrus Sweet Potato Mash, Green Bean Amandine, Cake & Ice Cream	Tossed Salad, Hearty Turkey Vegetable Soup, Roll, Gingerbread Pear Cake
28	29	30	31	
Beef Lentil Soup, Tossed Salad, Roll, Pumpkin Bread Pudding	Greek Chicken w/ Lemon Rice, Mediterranean Medley Salad, Honey Cherry Walnut Brownies	Tossed Salad, Lemon Garlic Tilapia, Rice Pilaf, Succotash, Blonde Brownie with Raspberries and Cream	Stuffed Peppers, Tossed Salad, Fruit Short Cake	Vegetarian meals & Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available