



# The Thompson

Your resource to age well

## MENU - JULY 2021

Mon	Tue	Wed	Thu	Fri
			<b>1</b>	<b>2</b>
<b>Meal Pricing:</b> <b>\$7- charge for those under age sixty</b> <b>\$5-Suggested donation for ages sixty and over</b>	<b>* Vegetarian meals &amp; Gluten Free available daily upon request. Please contact our chef in advance.</b>		BBQ Pulled Pork Sandwich, Coleslaw, Bean Salad, Cherry Cheesecake	Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Fresh Fruit Parfait
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Tossed Salad, Shepherd's Pie, Vegetable Medley, Poached Pears	Singapore Curry Chicken, Rice, Stir Fried Vegetables, Hot Fudge Sundae with Banana	Beer Battered Haddock and Chips, Kale Salad, Ginger Snap and Fruit	BBQ Chicken, Pinto Beans, Potato Salad, Cole Slaw, Coconut Cream Pie	Cheese Burger w/ Lettuce, Tomato, Onion, Steak Fries, Cilantro Lime Coleslaw, Ice Cream Cone
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Summer Stuffed Peppers w/ Beef, Brown Rice, Vegetables, Tossed Salad, Chef's Famous Chocolate Chip Cookies w/ Fresh Fruit	Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Berry-Lime Freeze	<b>Bastille Day</b> Coq Au Vin, Parsley Potatoes, Green Beans, Mesclun Greens w/ vinaigrette, Creme Brulee Tartlet w/ Berries	Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Blueberry Pie	Tossed Salad, Bombay Chicken Breast, Scallion Rice, Curried Roasted Vegetables, Pink Lemonade Bars
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Mongolian Beef Ramen Noodles, Crispy Asian Slaw, Mandarin Orange Delight	Tossed Salad, Jamaican Jerk Pork Chops, Basmati Rice, Sautéed Peppers, Cherry Clafoutis	Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Strawberry Rhubarb Pie	Spinach and Cheese Ravioli w/ Meat Sauce, Broccoli & Cauliflower, Garlic Bread	<b>Welcome Back Celebration</b> Kahlua Pork Tostadas, Grilled Pineapple Salsa, Caribbean Black Beans, Coleslaw, Coconut Cake
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Pasta & Broccoli Sausage Simmer, Tossed Salad, Fresh Fruit Salad	Chicken Parmesan over Multigrain Spaghetti, Garlic Bread, Tossed Salad, Fresh Fruit Salad	Quiche with Asparagus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Warm Berry Cobbler	<b>Birthday Day</b> Grilled Baja style Pork Loin, Chimichurri Sauce, Citrus Sweet Potato Mash, Braised Greens, Roll, Cake & Ice cream	Tilapia Florentine (spinach and cheese), herb roasted potatoes, Lime Carrots, Fresh Fruit Parfait