



The Thompson

Your resource to age well

MENU - SEPTEMBER 2021

Mon	Tue	Wed	Thu	Fri
		1	2	3
RESERVATIONS REQUESTED FOR ALL MEALS		Spaghetti & Meatballs, Tossed Salad, Garlic Bread, Fruit Salad	Tossed Salad, Ginger Lemon Cod, w/ Broccoli, Scallion Brown Rice, Mandarin orange delight	BBQ Pulled Pork Sandwich, Coleslaw, Bean Salad, Fresh Fruit Parfait
6	7	8	9	10
Labor Day Closed	Stuffed Meatloaf w/ Cloudland Farm Beef, Spinach & Cheese, Parsnip Mashed Potatoes, gravy, Green & Yellow Local Beans, Almond Cake w/Orange Dried Apricot Sauce	Chicken Marsala, Rice Pilaf, Green Beans, Blueberry Pie	Tossed Salad, Shepherd's Pie, Vegetable Medley, Poached Pears	Senior Center BBQ Chicken BBQ, Potato Salad, Cole Slaw, Corn Bread, Ice Cream Cone
13	14	15	16	17
Beef Bourguignon, Roll Tossed Salad, Lemon Meringue Pie	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries and Cream Roll	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Brownie Sundae	Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Fresh Fruit Parfait	Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, Roll, Peach Rhubarb Coffee Cake
20	21	22	23	24
Grilled Pesto Chicken Breast, Lemon Risotto with Peas, Local Vegetables, Blueberry Crisp	Pork and Apple Curry, Scallion Brown Rice, Broccoli, Cauliflower, Kale Slaw, Mandarin Orange Delight	Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Black Raspberry Ice Cream w/ Berries	Birthday Day Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Grilled Asparagus, Garlic Smashed Potato, Roll, Cake & Ice Cream	Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple
27	28	29	30	
Puff Pastry Chicken Pot Pie, Tossed Salad, Sorbet w/ Berries	Beef Stroganoff over Egg Noodles, Roasted Seasonal Root Vegetables, Lemon Fool w/ Berries	Three Onion, Mushroom and Ham Quiche, Roasted Potatoes, Tossed Salad, Pineapple Upside down Cake	Philly Cheese Steak Sandwiches w/ Peppers & Onions, Sweet Potato Fries, Coleslaw, Chef's Choice Dessert	