



# The Thompson

Your resource to age well

## MENU - OCTOBER 2022

Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Chicken Salad Sandwich on Whole Wheat Bread with Craisins, Celery, Lettuce & Tomato, Broccoli Brunch Salad, Fresh Fruit	<b>Norway Tour Theme Lunch</b> Norwegian-Style Meatballs with Egg Noodles, Roasted Vegetables, Norwegian Style Almond Cake, Fresh Fruit	Baked Teriyaki Chicken Breast, Jasmine Rice Pilaf with Ginger and Lemon, Steamed Broccoli, Fresh Fruit Ice Cream	Spaghetti with (Cloudland Farm Ground Beef) Bolognese Sauce, Mixed Green Salad with Vegetables, Croutons & Ranch Dressing, Garlic Bread, Fresh Fruit	<b>Breakfast Day</b> Scrambled Eggs, Vermont Sausage Links, Home Fries, Pancakes, Toast, Fresh Fruit
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>CLOSED for Indigenous Peoples' Day</b>	Split Pea Soup with Chicken & Vegetables, Dinner Roll, Yogurt with Granola, Fresh Fruit and Maple Syrup	Braised Pork Chops with Garlic, Tomato Sauce and Fresh Herbs, Soft Polenta, Sautéed Mixed Vegetables, Blueberry Cobbler	Citrus Honey Garlic Baked Chicken Thighs, Steamed Jasmine Rice, Local Fall Vegetables, Fresh Fruit, Cookies	<b>Oktoberfest</b> Grilled Bratwurst, Kartoffelsalat (German Style Potato Salad), Gürkensalat (German Cucumber Salad) Streuselkuchen, German Crumb Cake
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Turkey Club Sandwich with Cheddar Cheese, Bacon, Lettuce, Tomato and Mayo, Bean Salad, Chocolate Chip Brownie	Baked Chicken with Mushrooms and Fresh Herbs, Orzo Pasta w/ Sweet Peppers and Peas, Roll, Caesar Salad, Ice Cream Sundae with Fruit Topping	Vegetable Lasagna with White and Red Sauce, Mozzarella, Parmesan Cheese, Mixed Green Salad, Garlic Bread, Fresh Fruit Salad with Mint and Honey	Beef Chili, Corn Bread, Cole Slaw, Apple Crisp	Grilled Pork Tenderloin, Baked Potato, Local Vegetables, Pumpkin Pie with Whipped Cream, Fresh Fruit
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Butternut Soup, Tossed Salad with Almonds, Cranberries & Citrus Vinaigrette, Roll, Fruit Yogurt Parfait	Chicken Fricassée (French White Stew) with Carrots, Peas & Mushrooms, Mashed Potato, Spinach Salad, Fruit, Apple Crumb Pie	Spinach Ravioli with Turkey Bolognese Sauce, Greek Style Salad with Feta and Olives, Garlic Bread, Fresh Fruit	<b>Birthday Day</b> Roasted Pork Chop with Hunter Style Gravy, Baked Potato, Local Fall Vegetables, Cake & Ice Cream, Fruit	Pulled BBQ Chicken Style Sandwich on a Whole Wheat Bun, Potato Salad, Mixed Green Salad with Ranch Dressing, Fresh Fruit
<b>31</b>				
New England Style Clam Chowder Soup, Corn Bread, Mixed Green Salad, Blueberry Pie	<p><b>RESERVATIONS REQUIRED FOR ALL MEALS BY 10:30 am</b></p> <p><b>*menu subject to change based upon product availability*</b></p> <p><b>*Please make requests for substitutions &amp; special items in advance*</b></p> <p><b>2% milk, juice, coffee, tea with all meals</b></p>			