



# The Thompson

Your resource to age well

## MENU - JANUARY 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<b>CLOSED New Years</b>	Turkey Vegetable Soup with Kale, Carrots, Parsnips, Bulgur and Corn, Dinner Roll, Brownie, Fresh Fruit	Slow Cooked Pork Loin, Roasted Red Potatoes, Steamed Mixed Vegetables, Dinner Roll, Cookies, Fresh Fruit	Chicken and Gnocchi with Carrots, Peas and Mushrooms, Whole Grain Roll, Garden Salad, Apple Pie	Linguini with Bolognese Style Sauce Garlic Rolls, Garden Salad with Beets, Carrots, Tomatoes and Maple Vinaigrette, Fresh Fruit Salad
8	9	10	11	12
Chicken Corn Chowder with Bacon and Broccoli, Tossed Garden Salad with Quinoa, Dinner Roll, Mixed Fruit Crisp	Shepherd's Pie, Garden Salad with Mixed Greens, Tomatoes, Cucumber, Oranges and Beets with Maple Vinaigrette Dinner Roll, Ice Cream Sundae with Fruit Topping	Baked BBQ Style Chicken Leg Quarter, Baked Macaroni and Cheese, Steamed Broccoli and Carrots, Tossed Garden Salad with Croutons, Apple Pie	Turkey Lasagna with Spinach, Winter Squash, Mozzarella Cheese, Garden Salad, Fresh Fruit Salad, Garlic Roll	Quiche with Ham, Cheddar, Spinach, Mushrooms and Sweet Peppers, Mixed Green Salad, Cookie, Fresh Fruit
15	16	17	18	19
<b>CLOSED Martin Luther King Jr. Day</b>	Curried Pumpkin Soup Mixed Green Salad with Chicken, Apples. Craisins, Almonds and Garden Vegetables and Maple Vinaigrette, Dinner Roll, Mixed Fruit Crisp	Baked Ziti with Sausage, Broccoli, Roasted Peppers and Marinara Sauce, Caesar Salad, Whole Wheat Garlic Rolls, Mixed Fruit Salad	Chicken Tetrazzini with Cauliflower, Peas and Mushrooms, Garden Salad, Whole Wheat Roll, Fresh Fruit, Cookie	Mixed Deli Club (turkey, ham, roast beef) Sandwich on Whole Wheat Bread with Cheddar Cheese, Lettuce and Tomato, Potato Salad Fruit, Chefs Choice Dessert
22	23	24	25	26
Beef Chili Tex-Mex Style with Beans, Corn, Tomato and Roasted Sweet Peppers Topped with Sour Cream and Cheddar Cheese, Corn Bread, Cole Slaw with Pineapple, Cookies	Roasted Teriyaki Chicken Breast, Jasmine Rice Pilaf with Ginger & Lemon, Fresh Mixed Vegetables, Garden Salad with Sesame Dressing Fresh Fruit	Roasted Fish of the Day with Fresh Lemon and Herbs, Saffron Rice Pilaf, Seasonal Vegetables, Mixed Green Salad, Whole Wheat Dinner Roll, Ice Cream with Fruit	<b>Birthday Day</b> Slow Roast Pork Loin, Baked Potato, Roasted Winter Squash, Tossed Garden Salad, Dinner Roll, Cake and Ice Cream, Fresh Fruit	Baked Lemon Herb Chicken Breast with White Wine Sauce, Sautéed Mixed Vegetables, Rice Pilaf with Raisins, Almonds and Peas, Dinner Roll, Fresh Fruit
29	30	31		
Chicken Tortilla Soup with Tomato, Black Beans, Corn, Sweet Peppers topped With Sour Cream, Tortilla Chips & Guacamole, Garden Salad with Green Goddess Dressing, Dinner Roll, Fresh Fruit	All Beef Hotdogs on a Whole Wheat Bun, Cole Slaw, Baked Beans, Apple Cake with Whipped Cream	Breaded Pork Cutlet Spätzle, Baked Squash, Country Gravy, Fresh Green Salad, Fruit Filled Turnover	<b>*menu subject to change based upon product availability*</b> <b>*Please make requests for substitutions 24 hours in advance.</b>	<b>Suggested donation for guests ages 60 and over is \$7</b> <b>For guests under age 60, the meal price is \$12</b> <b>2% milk, juice, coffee, tea with all meals</b>