



The Thompson

Your resource to age well

MENU - OCTOBER 2025

Please call by 9:30 am to make your reservation for all meals

Mon	Tue	Wed	Thu	Fri
		1	2	3
Suggested donation for guests ages 60 and over is \$7 For guests under age 60, the meal price is \$12 2% milk, juice, coffee, tea with meals	*menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance	Italian Style Grinder with Turkey, Salami, Ham, Provolone Cheese, Shredded Cabbage, Tomato, Herb Vinegar Dressing and Olive Tapenade, Broccoli Slaw with Toasted Almonds and Craisins, Fresh Fruit	Chicken Tortilla Soup with Black Beans, Corn Tomato, Sweet Roasted Peppers topped with Crunchy Tortilla Strips, Avocado and Lime Crema, Garden Salad, Fresh Fruit, Cookie	Oktoberfest Grilled Bratwurst, Sauerkraut and Apples, German Style Potato Salad, Grain Mustard Sauce, Whole Grain Dinner Roll, Fresh Fruit Salad
6	7	8	9	10
Butternut Squash Soup, Hearty Chicken Caesar Salad, Dinner Roll, Fruit Crisp	Beef and Vegetable Chili (mild) with Red Beans, Corn and Sweet Peppers, Buttermilk Biscuit, Mixed Green Salad, Fresh Fruit, Brownie	Roman Style Chicken, Rice Pilaf with Herbs and Tomatoes, Mixed Garden Vegetables, Whole Grain Dinner Roll, Fresh Fruit Salad	Bhan Mi Sandwich on a Whole Grain Roll with Roasted Pork Tenderloin, Pickled Carrots and Cucumber, Garlic Aioli and Fresh Herbs, Rice Noodle Salad with Carrots, Sweet Peppers, Mint, Basil and Fresh Lime, Ginger Molasses Cookie	Tortellini with Italian Sausage, Marinara Sauce, Mixed Garden Vegetables, Whole Grain Dinner Roll, Fruit Salad, Cookie
13	14	15	16	17
CLOSED for Indigenous Peoples' Day	Lentil and Ham Soup with Kale, Carrots, and Sweet Corn, Mixed Green Salad with Garden Veggies and Homemade Dressing, Whole Grain Roll, Fresh Fruit Salad, Cookie	Chicken Fricassee, French White Stew with Carrots and Peas, Roasted Red Potatoes, Garden Salad with Carrots, Orange and Cucumber with House Made Dressing, Fresh Fruit	Shepherd's Pie, Garden Salad with Fresh Vegetables and House Made Dressing, Whole Grain Dinner Roll, Pumpkin Pie, Fresh Fruit	Grilled Chicken Breast with Lemon and Fresh Herbs, Baked Potato, Steamed Garden Vegetables, Whole Grain Dinner Roll, Fresh Fruit
20	21	22	23	24
Moroccan Style Chicken, Brown Rice Pilaf, Steamed Carrots, Broccoli and Cauliflower, Whole Grain Roll, Fresh Fruit with Granola	Hearty Chicken Noodle Soup with Mixed Vegetables, Mixed Green Salad with Croutons, Garden Vegetables and Homemade Dressing, Fresh Fruit	Baked Haddock, Mixed Grain Pilaf with Basmati Rice, Bulger & Quinoa, Fresh Herbs, Fall Vegetables, Whole Grain Dinner Roll, Fruit Salad	Birthday Day Roasted Turkey, Mashed Potato and Gravy, Roasted Squash, Parsnips, and Fall Vegetables, Whole Wheat Roll, Fruit Salad, Carrot Cake & Ice Cream	Ed's American Chop Suey, Mixed Green Salad with Garden Vegetables and Homemade Dressing, Whole Grain Dinner Roll, Fresh Fruit Salad
27	28	29	30	31
Clam Chowder, Garden Salad with Fresh vegetables and Homemade Dressing, Whole Wheat Dinner Roll, Fresh Fruit Salad	Grilled Hamburgers on a Whole Wheat Bun with Lettuce, Tomato, Red Onion and Pickles, Cole Slaw, Baked Beans, Hot Fudge Sundae, Fresh Fruit	Annual Meeting Chicken Parmesan, Angel Hair Pasta with Marinara Sauce, Steamed Broccoli, Fresh Fruit Salad, Carrot Cake	Soup Supper Club Fall Harvest Soup, Tossed Caesar Salad, Whole Grain Roll, Pumpkin Pie with Whipped Cream and Fresh Fruit Salad	Roasted Chicken Breast Seasoned with Curry and Lemon, Mango Chutney, Rice Pilaf, Green Beans, Mixed Green Salad, Dinner Roll, Fresh Fruit