



The Thompson

Your resource to age well

MENU - FEBRUARY 2026

Please call by 9:30 am to make your reservation for all meals 802-457-3277

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|--|--|
| 2 | 3 | 4 | 5 | 6 |
| Chicken Corn Chowder with Broccoli and Sweet Peppers, Mixed Green Salad and Homemade Dressing, Whole Grain Roll, Cookies, Fruit | Beef Stew with Carrots, Tomatoes and Peas, Cole Slaw with Craisins and Pineapple, Dinner Roll, Rice Pudding with Maple Raisin Sauce | Vegetable Lasagna with Spinach, Winter Squash, Zucchini, Mushrooms and Mozzarella Cheese, Garden Salad, Fresh Fruit, Garlic Roll | Roasted Teriyaki Chicken Breast, Jasmine Rice Pilaf with Ginger & Lemon, Stir Fry Vegetables, Fresh Fruit, Cookie | Cheeseburger on a Wheat Bun, Lettuce, Tomato, Onion & Pickles House Spread, Baked French Fries, Fruit, Ice Cream |
| 9 | 10 | 11 | 12 | 13 |
| Grilled Cheese Sandwich with Caramelized Onion & French Onion Au Jus, Salad with Harvard Beets, Chickpeas, and Feta, Fresh Fruit and Cookie | Chicken Fricassee with Gnocchi, Peas, Carrots and Fresh Herbs, Garden Salad, Yogurt Parfait with Fresh Fruit, Granola and Maple Syrup | Baked Cod with Lemon and Fresh Herbs, Local Vegetables, Saffron Rice Pilaf, Caesar Salad, Lemon Pie | Taco Bowl with Cloudland Farms Ground Beef, Black Beans, Spanish Rice, Pico De Gallo, Lettuce, Cheese & Sour Cream, Corn Chips & Salsa, Ice Cream with Pineapple Sauce & Whipped Cream | Valentine's Lunch Roasted Chicken Breast with Lemon and Fresh Herbs, Quinoa Salad, Steamed Broccoli, Dinner Roll, Fresh Fruit Salad, Carrot Cake |
| 16 | 17 | 18 | 19 | 20 |
| CLOSED for Presidents Day | Open Face Turkey Sandwich with Gravy, Cranberry Sauce, Green Bean Almandine with Lemon and Fresh Herbs, Whole Grain Roll, Fresh Fruit Salad | Minestrone Soup with Chicken (vegetarian option), Zucchini, Roasted Peppers, White Beans, Orzo, Tomatoes and Fresh Herbs, Broccoli Bruch Salad, Dinner Roll, Fresh Fruit | Meatloaf and Gravy, Mashed Potatoes, Steamed Broccoli, Tossed Dinner Salad, Whole Grain Roll, Apple Crisp and Vanilla Ice Cream | 9 am Breakfast Day Pancakes, Sausage Patty, Vegetable Frittata, Vermont Maple Syrup, Fresh Fruit Yogurt |
| 23 | 24 | 25 | 26 | 27 |
| Patty Melt Sandwich with Caramelized Onions and Mushrooms, Broccoli Slaw, Fresh Fruit Salad, Oatmeal Raisin Cookie | Cheese Tortellini with Roasted Vegetables and Basil Pesto Sauce, Tossed Salad with Caesar Dressing, Carrots, Cucumber, Croutons and Parmesan Cheese, Roll, Fruit | Chicken Parmesan Pasta Casserole with Squash, Peppers and Onions, Green Beans, Garlic Bread, Fresh Fruit | Birthday Day Lunch Baked Ham, Scalloped Potatoes, Steamed Mixed Vegetables, Pineapple Birthday Cake with Ice Cream | Catch of Day, Couscous Salad with Tomatoes, Feta, Cucumbers and Fresh Herbs, Roasted Zucchini, Whole Grain Dinner Roll, Fruit Crisp |
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| | | | 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 |