



The Thompson

Your resource to age well

MENU - MARCH 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
Baked Ziti with Marinara Sauce, Mild Italian Sausage, Roasted Zucchini, Spinach & Mozzarella Cheese, Caesar Style Salad with Carrots, Cucumbers, Croutons, Parmesan Cheese, Fruit, Rainbow Sorbet	Beef and Black Bean Chili (mild) using Cloudland Farms Beef, Corn, Sweet Peppers and Tomatoes topped with Cheddar Cheese, Cole Slaw, Buttermilk Biscuit, Cookie	Roasted Chicken Breast with Tropical Salsa, Ginger Brown Rice, Broccoli Almandine, Pineapple Cake with Coconut Whipped Cream	Pan Roasted Cod, Couscous Salad with Cucumbers, Tomatoes, Croutons, Fresh Herbs and Feta Cheese, Steamed Mixed Vegetables, Fruit Topped Ice Cream	Cream of Mushroom Soup, Mixed Garden Salad with Carrots, Olives, Sweet Peppers Homemade Dressing, Whole Grain Dinner Roll, Fresh Fruit, Cookie
9	10	11	12	13
Beef Barley Soup, Broccoli and Cabbage Slaw with Craisins, Carrots and Toasted Almonds, Whole Grain Dinner Roll, Whole Fruit, Cookie	Italian Themed meal Baked Chicken Piccata with Lemon, Capers, and Fresh Parsley, Roasted Potatoes, Mixed Vegetables, Dinner Roll, Fresh Fruit Parfait with Granola, & Maple Syrup	Bahn Mi Sandwich with Roasted Pork, Pickled Cucumber, Carrots with Fresh Herbs and Garlic Aioli, Sesame Broccoli Salad, Key Lime Pie	Asian Style Orange Chicken with Scallions and Water Chestnuts, Basmati Rice, Garden Salad with Sesame Ginger Dressing, Carrots, Cucumber, Radish and Crispy Wonton Noodles, Fruit	Eggplant Parmesan Casserole with Marinara Sauce, Basil Pesto, Mozzarella Cheese, Garden Salad with Carrots, Olives, Tomatoes, Croutons, Fruit Salad, Ice Cream Sundae
16	17	18	19	20
Chicken Noodle Soup, Half Roasted Vegetable Sandwich Panini Style, Fresh Fruit Salad, Cookie	St. Patrick's Day Corned Beef and Cabbage, Boiled Potatoes and Carrots, Whole Grain Dinner Roll, Short Bread Cookies, Fresh Fruit	Baked Haddock, Multi Grain Pilaf with Fresh Herbs and Olive Oil, Sautéed Green Beans with Lemon and Garlic, Caesar Salad, Lemon Cake, Whipped Cream	BBQ Style Chicken Breast, Macaroni and Cheese, Southern Style Cole Slaw, Buttermilk Biscuit, Ice Cream with Spiced Mango Compote	Cheese Ravioli with Tomato Sauce, Roasted Butternut Squash, Zucchini, Sweet Peppers and Tomatoes, Fruit Salad, Cookie
23	24	25	26	27
Pulled Pork with Homemade BBQ Sauce, Macaroni Salad, Sweet Potato Fries, Apple Crisp with Whipped Cream	Stuffed Peppers with Ground Turkey, Butternut Squash, Spinach and Mushrooms with Marinara Sauce, Quinoa and Rice Pilaf, Brownie Sundae	White Chicken Stew, Carrots, Peas and Potatoes, Tossed Salad with Carrots, Cucumber, Tomato, Croutons Parmesan Cheese, Fruit Salad, Cookie	Birthday Day Salisbury Steak made with Cloudland Farms Beef, Mashed Potatoes, Mushroom & Onion Gravy, Stewed Green Beans, Fruit Salad, Ice Cream and Birthday Cake	Breakfast Day Pancakes, Sausage Patties, Scrambled Eggs, Fresh Fruit Parfait with Yogurt, Maple Syrup and Granola
30	31			
Spaghetti and Meat Sauce, Caesar Salad with Croutons, and Parmesan Cheese, Garlic Bread, Fruit Salad	Curry Chicken Breast With Coconut Sauce, Brown Rice Pilaf, Steamed Broccoli, Whole Grain Dinner Roll, Fresh Fruit Salad, Brownie		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