



The Thompson

Your resource to age well

MENU - JULY 2026

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

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	*menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance	Baked Haddock with Fresh Lemon, Steamed Potatoes with Butter and Fresh Herbs, Broccoli, Carrot and Cauliflower Blend Vegetables, Whole Grain Roll, Fruit Salad	All Beef Hotdogs on a Wheat Bun, Potato Salad, Coleslaw, Fruit, Ice Cream Sundae	CLOSED
6	7	8	9	10
New England Style Clam Chowder, Garden Salad with Fresh Vegetables and Homemade Dressing, Whole Grain Roll, Fresh Fruit	Sesame Chicken, Mixed Stir-fry Vegetables, Ginger Brown Rice, Fresh Fruit Salad, Ice Cream with Mango Compote	Swedish Meatballs using Cloudland Farms Beef, Herb Mash Potatoes, Roasted Mixed Vegetables, Whole Grain Roll, Fresh Fruit Salad	White Vegetable Lasagna with Spinach, Mushrooms, Oven Dried Tomatoes, Butternut Squash, Mozzarella Cheese and Basil, Whole Grain Roll, Fresh Fruit	Chicken Caesar Salad with Grilled Chicken Breast, Carrots, Cucumber, Tomato, Croutons, Parmesan Cheese, Fruit Salad, Blueberry Lemon Cake
13	14	15	16	17
Lemon Tarragon Chicken, Roasted Pepper Cous Cous, Steamed Broccoli, Whole Grain Roll, Fresh Fruit Salad	Pulled Pork with BBQ Sauce, Macaroni and Cheese, Coleslaw, Buttermilk Biscuit, Fresh Fruit, Chocolate Pudding	Bastille Day Salad Niçoise, Mixed Greens, Tuna, White Beans, Tomato, Hard Egg, Green Beans, Potato, Pickled Red Onion and Croutons, Whole Grain Roll, Strawberries, Whipped Cream, Ladyfingers	Eggplant Parmesan with Mozzarella Cheese, Tomato Sauce, Basil Pesto and Parmesan Cheese, Garden Salad with Fresh Vegetables and House Made Dressing, Fresh Fruit	Quiche with Broccoli, Bacon, Cheese and Roasted Peppers (vegetarian option available), Mixed Green Salad with Garden Vegetables, Dinner Roll, Fresh Fruit, Cookie
20	21	22	23	24
Chicken Enchilada Casserole with Roasted Sweet Peppers, Corn and Black Beans, Spanish Style Rice, Pico de Gallo and Sour Cream, Corn Chips and Salsa, Ice Cream with Pineapple and Whipped Cream	Grilled Bratwurst, Sweet and Sour Cabbage, Potato Salad with Scallions, Grain Mustard, Hard Egg and Roasted Peppers, Dinner Roll, Brownie Sundae	Beef Stroganoff with Thin Sliced Beef, Mushrooms and Sweet Onions Over Egg Noodles, Mixed Green Salad with Garden Vegetables and House Made Dressing, Fruit Salad	Birthday Day Baked Ham, Roasted Red Potatoes, Green Bean Almondine with Lemon & Garlic, Mixed Green Salad with Creamy Herb Dressing, Birthday Cake, Ice Cream and Fruit	Breakfast Day French Toast, Sausage Patty, Scrambled Eggs, Home fries, Yogurt Parfait with Fresh Fruit Salad, Granola and Maple Syrup
27	28	29	30	31
Cheese Ravioli with White Sauce and Basil Pesto, Mix Roasted Vegetables, Whole Grain Garlic Roll, Fresh Fruit Salad, Ice Cream	Chicken Salad with Cucumbers, Tomato, Beets, Carrots, Garbanzo Beans, Pickled Red Onion, Craisins and Croutons, Country Herb Dressing, Roll, Fruit, Cookie	Chefs Choice Fish of the Day with Lemon Herb Sauce, Brown Rice Pilaf, Sautéed Green Beans, Dinner Roll, Garden Salad, Fresh Fruit	Baked Chicken Breast with Mild Middle Eastern Spices and Yogurt Dill Sauce, Rice Pilaf with Toasted Almonds, Lemon and Fresh Herbs, Local Vegetables, Mixed Fruit Cobbler	Turkey Chili with Corn, Black Beans and Tomato Topped with Cheddar Cheese, and Scallions, Corn Bread, Coleslaw, Berry Topped Ice Cream