



The Thompson

Your resource to age well

MENU - AUGUST 2026

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

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Indian Style Butter Chicken, Rice Pilaf with Saffron and Fresh Herbs, Roasted Local Vegetables, Tossed Garden Salad, Dinner Roll, Cookie	Cheese Ravioli with White Sauce and Basil Pesto, Roasted Summer Vegetables, Garden Salad with Fresh Vegetables and House Made Dressing, Whole Grain Roll, Fruit Salad	Quiche with Vermont Cheddar, Broccoli, Roasted Peppers, Bacon (vegetarian option avail.), Half Tossed Mixed Green Salad with Vegetables, Croutons and House made Dressing, Lemon Cake, Fresh Berries and Whipped Cream	Beef Enchilada Casserole with Jack Cheese, Corn and Sweet Peppers, Black Beans, Spanish Rice Pilaf, Garden Salad with Homemade Ranch Dressing, Ice Cream, Fresh Fruit	Turkey Sandwich on Whole Wheat Bread with Cheddar Cheese, Lettuce, Tomato and Lemon Herb Spread, Cucumber Salad, Fresh Fruit Salad, Brownie
10	11	12	13	14
Grilled Maple Mustard Chicken Breast, Roasted Potatoes, Local Vegetables, Whole Wheat Roll, Brownie and Fresh Fruit	Meatloaf with Gravy, Mashed Potatoes, Green Bean Almondine, Whole Grain Dinner Roll, Fruit Salad	Stuffed Peppers with Ground Turkey, Butternut Squash, Spinach & Mushrooms, Marinara Sauce, Brown Rice Pilaf, Whole Grain Roll, Fresh Fruit Salad	Baked Haddock with Lemon Sauce and Fresh Herbs, Mixed Grain Pilaf, Summer Vegetables, Whole Grain Roll, Blueberry Lemon Cake, Fresh Fruit Salad	Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Red Onion, Pickles and House Spread, Baked Potato Wedges, Cole Slaw, Ice Cream
17	18	19	20	21
CLOSED Lobster Trip	Roasted Eggplant Sandwich on a Whole Wheat Hoagie Roll with Pesto Spread, Lettuce and Tomato, Cous Cous Salad with Tomato, Cucumber and Roasted Peppers and Fetta Cheese, Fruit Salad Cookie	Braised Pork Chop in Tomato Sauce with Peppers, Mushrooms and Onions, Soft Polenta, Mixed Vegetables, Whole Grain Dinner Roll, Fruit Salad	Orange Chicken with Scallions, Water Chestnuts & Mandarin Orange, Steamed Brown Rice, Stir Fry Vegetables, Mixed Green Salad with Crispy Noodles, Carrots, Cucumber, Ice Cream, Mango Compote	Tuna Salad with Tomatoes, Cucumber, Carrots, Egg, Pickled Red Onion, Croutons, Olives, House made Dressing, Whole Grain Roll, Yogurt Parfait with Fresh Fruit, Organic Granola and Maple Syrup
24	25	26	27	28
Grilled Italian Sweet Mild Sausage with Peppers and Onions, Marinara Sauce, Pasta Casserole, Mixed Vegetables, Whole Grain Dinner Roll, Fresh Fruit Salad	Pulled BBQ Chicken with Memphis Style BBQ Sauce, Cucumber Salad with Tomato, and Red Onion, Macaroni & Cheese, Buttermilk Biscuit, Fruit Salad, Banana Pudding, Lady Finger Cookies & Whipped Cream	Salmon with Coconut Curry Sauce, Brown Rice, Stir Fry Vegetables, Garden Salad with Sesame Ginger Dressing, Whole Grain Roll, Fresh Fruit Salad	Birthday Day (Luau) Huli Huli Chicken and Kalua Style Pork Steamed Coconut Rice, Sesame Green Beans, Whole Grain Roll, Coconut Ice Cream Sundae with Whipped Cream	9am Breakfast Day Pancakes, Sausage Patty, Scrambled Eggs, Home Fries, Fresh Fruit Parfait with Yogurt, Fresh Fruit Salad, Granola and Maple Syrup
31				
Chicken Parmesan, Pasta with Fresh Herbs & Olive Oil, Steamed Veggies, Garlic Bread, Fruit		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