



The Thompson

Your resource to age well

MENU - SEPTEMBER 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	4
	Tomato Soup, Grilled Cheese Panini Style with Fresh Mozzarella and Basil Peso, Fruit, Ice Cream Sundae	Chefs Choice Fish of the Day with Lemon Herb Sauce, Cous Cous, Sautéed Green Beans, Dinner Roll, Garden Salad, Fruit	Baked BBQ Style Chicken Leg Quarters, Cole Slaw, Garden Pea Salad, Maple Baked Beans, Dinner Roll, Fresh Fruit Salad	Chef's Salad with Ham, Turkey, Cucumber, Croutons, Tomatoes, Sweet Peppers, Cheese and Carrots and Country Herb Dressing, Roll Ice Cream Sundae with Fresh Berries and Maple Syrup
7	8	9	10	11
CLOSED for Labor Day	Broccoli, Corn & Chicken Chowder, Garden Salad with Vegetables and House Made Dressing, Whole Grain Roll, Fresh Fruit Salad, Brownie	Beef Stew with Potatoes, Parsnips, Peas and Mushrooms, Garden Salad, Dinner Roll, Pie, Fruit	Orange Chicken, Steamed Brown Jasmine Rice, Stir Fry Vegetables, Salad with Carrots, Chow Mein Noodles, Cucumber and Tomato with Sesame Dressing, Fruit Salad	Linguini and Beef Meat Balls with Marinara Sauce, Garden Salad with Toasted Almonds, Craisins, Carrots, Radish and Tomatoes with Maple Mustard Dressing Ice Cream, Fruit
14	15	16	17	18
Hearty Chicken Noodle Soup with Garden Vegetables, Tossed Mixed Green Salad, Cottage Cheese, Roll, Fresh Fruit	Grilled Sweet Italian Sausage Link with Roasted Peppers and Onions, Marinara Sauce, Pasta Casserole with Garden Vegetables, Apple Bread with Whipped Cream	Baked Salmon, Steamed Potatoes with Butter and Fresh Herbs, Roasted Summer Squash, Whole Grain Dinner Roll, Fruit Salad, Oatmeal Craisin Cookie	Roasted Vegetable Lasagna with Butternut Squash, Zucchini, Sweet Peppers, Mushrooms and Spinach made with White and Red Sauce, Garlic Bread, Fresh Fruit Salad	Cheeseburger on a Whole What Bun, Lettuce, Tomato, Onions and Pickles, Potato Salad, Fresh Fruit, Ice Cream
21	22	23	24	25
New England Clam Chowder Soup, Garden Salad with Garbanzo Beans, Beets, Orange, Carrots and Cucumber, Cottage Cheese, Peach Cobbler	Eggplant Parmesan with Marinara Sauce, Parmesan and Mozzarella Cheese, Basil Pesto, Mixed Greens with Chicken and Garden Vegetables, Fresh Fruit	Baked Chicken Breast with Lemon and Herbs, Couscous, Local Garden Vegetables, Salad with Country Herb Dressing, Fresh Fruit, Dinner Roll	Birthday Day Beef Stroganoff with Mushrooms and Pearl Onions, Egg Noodles, Summer Garden Salad, Dinner Roll, Fresh Fruit Salad	Grilled Hot Dog, Potato Salad with Hard egg and Peas, Baked Beans, Cole Slaw, Fresh Fruit, Blueberry Ice Cream Sundae
28	29	30		
Cheese Ravioli with Peas and Mushrooms, Garden Salad, Dinner Roll, Fruit Salad, Lemon Cake Topped with Mixed Berry Compote and Whipped Cream	Maple Garlic Chicken Thighs with Fresh Herbs and Lemon, Baked Mac and Cheese, Steamed Broccoli, Whole Grain Dinner Roll, Fresh Fruit	Beef Barley Soup, Garden Salad with Carrots, Cucumber and Beets, Cottage Cheese, Whole Grain Dinner Roll, Fresh Fruit, Cookie	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