



The Thompson

Your resource to age well

MENU - OCTOBER 2026

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

Mon	Tue	Wed	Thu	Fri
			1	2
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		Roasted Chicken Breast Seasoned with Curry and Lemon, Mango Chutney, Rice Pilaf, Green Beans, Mixed Green Salad, Dinner Roll, Fruit	Oktoberfest Grilled Bratwurst, Sweet and Sour Cabbage, German Style Potato Salad, Maple Mustard Sauce, Apple Cake with Raisin Sauce and Whipped Cream
5	6	7	8	9
Minestrone Style Soup, Half Chicken Salad Wrap with Lettuce and Tomato, Fresh Fruit Salad, Ice Cream	Cheese Tortellini with Roasted Fall Vegetables, Pesto Sauce, Mixed Green Salad with Vegetables and House Made Dressing, Fruit	Quiche with Broccoli, Roasted Peppers, Vermont Cheddar, Green Salad with Vegetables & Maple Vinaigrette, Fresh Fruit, Cookie	Salisbury Steak with Mushrooms and Onion gravy, Mashed Potatoes, Mixed Vegetables, Dinner Roll, Fresh Fruit	ED's American Chop Suey, Mixed Green Salad, Garlic Bread, Cookie, Fresh Fruit
12	13	14	15	16
Closed for Indigenous Peoples' Day	Chicken and Biscuits with Peas and Carrots, Garden Salad with Orange, Beets, Carrots and Croutons, Dinner Roll, Fresh Fruit, Brownie	Beef Stroganoff over Egg Noodles, Green Beans, Whole Grain Roll, Blueberry Cake with Whipped Cream	Sweet and Sour Chicken with Peppers and Red Onion, Steamed Jasmine Rice, Mixed Green Salad with Crispy Noodles and Sesame Vinaigrette, Cookies, Fruit	Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Red Onion and Pickles, Coleslaw, Fresh Fruit Salad, Pumpkin Pie with Whipped Cream
19	20	21	22	23
Butternut Squash Soup, Panini Style Grilled Cheese Sandwich, Fresh Fruit Salad, Ice Cream	Eggplant Parmesan Casserole, Steamed Vegetables, Caesar Salad, Dinner Roll, Fresh Fruit Parfait with Granola and Maple Syrup	Chicken Fricassee (French White Stew) with Carrots, Mushrooms and Peas, Rice Pilaf, Lemon Cake, Fresh Fruit	Birthday Day Roasted Pork Loin with Gravy, Baked Potato, Sautéed Green Beans, Mixed Green Salad with Creamy Herb Dressing, Whole Grain Dinner Roll, Cake and Ice Cream	Spaghetti and Meat Sauce Made with Cloudland Farms Beef, Mixed Green Salad with Garden Vegetables and Citrus Dressing, Garlic Bread, Fresh Fruit
26	27	28	29	30
Chicken and Gnocchi with Carrots, Peas and Mushrooms, Whole Grain Roll, Garden Salad with House Made Dressing, Apple Pie	Turkey Lasagna with Spinach, Winter Squash, Roasted Peppers and Mozzarella, Cheese, Fresh Fruit, Garlic Bread	Annual Meeting Baked Salmon with Lemon Sauce and Fresh Herbs, Mixed Grain Pilaf, Fall Roasted Vegetables, Mixed Greens Salad, Whole Grain Roll, Fresh Fruit	Indian Style Butter Chicken, Rice Pilaf with Saffron and Fresh Herbs, Roasted Local Vegetables, Tossed Salad with Croutons and Garden Vegetables, Whole Grain Dinner Roll, Lemon Cake with Whipped Cream	Italian Wedding soup with Meatballs, Orzo Pasta, Spinach, Tomato, and Cannellini Beans, Mixed Green Salad with Garden Vegetables, Whole Grain Dinner Roll, Cookie, Fresh Fruit Salad