



The Thompson

Your resource to age well

MENU - SEPTEMBER 2024

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
CLOSED for Labor Day	Turkey Club Sandwich with Bacon, Cheddar Cheese, Lettuce, Tomato and Ranch Spread, Pasta Salad with Peas, Carrots, Olives, Tomato and Fresh Herbs, Blueberry Cobbler with Vanilla Ice Cream	Stuffed Zucchini with Ground Turkey, Butternut Squash, Kale and Fresh Herbs topped with Tomato Sauce, Rice Pilaf, Dinner Roll, Hot Fudge Sundae	Ground Pork Enchilada Casserole made with Pork, Jack and Cotija Cheese, White Beans and Garden Peppers, Tossed Mixed Green Salad, Corn Chips & Salsa, Fresh Fruit Salad	Grilled Chicken Breast with Curry Sauce, Coconut Rice Pilaf, Sautéed Cabbage with Carrots, Peas and Roasted Red Peppers, Cookie
9	10	11	12	13
Grilled Hot Dog, Potato Salad with Hard egg and Peas, Baked Beans, Blueberry Ice Cream Sundae	Maple Garlic Chicken Thighs with Fresh Herbs and Lemon, Baked Mac and Cheese, Steamed Broccoli, Dinner Roll, Fresh Fruit	Baked Cod with White Wine Sauce, Saffron Rice Pilaf, Sautéed Swiss Chard, Dinner Roll, Fresh Fruit, Lemon Pound Cake	Beef Stroganoff with Mushrooms and Pearl Onions, Egg Noodles, Summer Garden Salad, Dinner Roll, Fresh Fruit Salad	Chicken Salad with Cucumbers, Tomato, Beets, Carrots, Garbanzo Beans, Pickled Red Onion, Craisins & Croutons, Country Herb Dressing, Dinner Roll, Fresh Fruit, Cookie
16	17	18	19	20
Philly Style Cheese Steak Sandwich in a Hoagie Roll with Peppers, Mushrooms and Onions, Broccoli Brunch Salad with Craisins and Toasted Almonds, Fresh Fruit, Cookie	Grilled Bratwurst, Sweet and Sour Cabbage, Potato Salad with Scallions, Grain Mustard, Hard Egg and Roasted Peppers, Dinner Roll, Brownie Sundae	Chicken Tikka Masala, Basmati Rice Pilaf with Lentils and Fresh Herbs, Roasted Summer Vegetables, Garden Salad, Dinner Roll, Fresh Fruit	Eggplant Parmesan with Marinara Sauce, Parmesan and Mozzarella Cheese, Basil Pesto, Mixed Greens with Chicken and Garden Vegetables, Fresh Fruit	Senior Center Month BBQ Chicken, Cole Slaw, Baked Beans, Tomato, Cucumber, Red Onion Salad, Corn Bread, Apple Pie
23	24	25	26	27
Broccoli Corn Chowder with Chicken, Garden Salad with Citrus Vinaigrette, Dinner Roll, Fresh Fruit, Cookie	Hamburger Steak with Onion Gravy, Mashed Potatoes, Mixed Summer Vegetables, Pumpkin Pie, Fresh Fruit	Cheese Ravioli with Grilled Chicken, Peas and Mushrooms, Garden Salad, Dinner Roll, Cheesecake Topped with Mixed Berry Compote	Birthday Day Roast Pork Loin, Mashed Potatoes, Gravy, Roasted Summer Vegetables, Dinner Roll, Cake and Ice Cream	Linguini and Meat Balls Made with Ground Pork & (Cloudland Farms) Ground Beef, Marinara Sauce and Parmesan Cheese, Caesar Style Salad with Cucumbers, Carrots, Croutons and Parmesan, Fresh Fruit
30				
General Tso's Chicken, Steamed Brown Rice, Ginger Lemon Carrots, Fresh Fruit, Pineapple Cobbler			*menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance.	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 all meals