



The Thompson

Your resource to age well

MENU - APRIL 2025

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	Turkey Club Sandwich with Cheddar Cheese, Bacon, lettuce, Tomato, Pickles and Lemon Herb Spread, Pasta Salad, Fresh Fruit, Cookie	Salisbury Steak and Onion Gravy, Mashed Potatoes, Local Vegetables, Garden Salad with Carrots, Craisins, Almonds and Cucumber, Pumpkin Pie, Fresh Fruit	Waldorf Chicken Salad on a Bed of Mixed Greens with Grapes, Walnuts, Celery, Red Onion and Fresh Herbs with a Creamy Style Dressing, Roll, Fresh Baked Cookies	Tomato Soup with a Fresh Mozzarella and Basil Pesto Sandwich, Cottage Cheese, Fresh Fruit, Lemon Pound Cake
7	8	9	10	11
Baked Cod with Lemon and Fresh Herbs, Local Vegetables, Saffron Rice Pilaf, Caesar Salad with Carrots, Cucumber, Parmesan & Croutons	Turkey Meatloaf with Gravy, Baked Potato, Roasted Squash, Whole Wheat Roll, Fresh Fruit	Chicken Cacciatori, Braised Chicken with Sweet Peppers, Mushrooms and Onions in Tomato Sauce, Rice Pilaf, Garden Salad with Homemade Dressing, Fresh Fruit	Beef Barley Soup, Garden Salad with Carrots, Cucumber and Beets, Cottage Cheese, Whole Grain Dinner, Roll, Fresh Fruit, Cookie	Cheese Ravioli with Marinara Sauce, Pesto and Parmesan Cheese, Mixed Green Salad with Garden Vegetables and Homemade Dressing, Dinner Roll, Fresh Fruit Parfait
14	15	16	17	18
Ham Salad Sandwich on a whole Grain Hoagie Roll with Lettuce, Tomato, Pickles, Potato Salad, Fresh Fruit	Southwestern Style Chili with Local Pork, Black Beans, Corn & Tomatoes, Corn Bread with Maple Butter, Broccoli Slaw, Fresh Fruit	Maple Garlic Chicken Thighs with Fresh Herbs and Lemon, Steamed Basmati Rice with Toasted Almonds, Craisins and Fresh Herbs, Roasted Vegetable Medley, Dinner Roll, Fresh Fruit	Stuffed Peppers with Ground Turkey, Zucchini, Butternut Squash, Cauliflower and quinoa, Tomato Sauce, Mixed Grain Pilaf, Fresh Fruit, Pumpkin Bread	Easter Dinner Baked Ham, Mashed Potatoes, Maple Glazed Carrots, Garden Salad, Whole Grain Dinner Roll, Brownie, Fresh Fruit
21	22	23	24	25
Frozen MOW only	Frozen MOW only	Frozen MOW only	Frozen MOW only	MOW only Clam Chowder Soup Garden Salad with Garbanzo Beans, Beets, Orange Segments, Carrots and Cucumber, Cottage Cheese, Whole Grain Dinner Roll, Peach Cobbler
28	29	30		
MOW only Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Red Onion, Pickles and House Spread, Potato Salad, Tomato, Cucumber and Red Onion Salad, Mixed Fruit Cobbler	MOW only Linguini and Meat Balls with Marinara Sauce, Spinach Salad with Toasted Almonds, Craisins, Carrots, Radish and Tomatoes with Maple Mustard Dressing, Fruit Salad	MOW only Split Pea Soup, Ham and Cheese Sandwich on Whole Wheat Bread (half), Cole Slaw, Fresh Fruit, Cookie See menu on pg 3 for the meet-up lunch at Barnard Town Hall	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	*menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance