

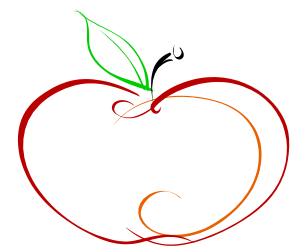




# Arrowhead Senior Nutrition

January 2026

[www.aeo.org](http://www.aeo.org)

Virginia Office: 1-800-662-5711, ext. 6899 or (218) 735-6899



Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>Happy New Years!!</i> <i>Sites Closed</i> 	2 Tuna Pasta Salad Green Pepper Slices Lemon Bar
6 Egg Salad Sandwich Coleslaw Orange Slices Pudding	7  <b>New Year Party</b> Pork Chop Rice Broccoli Applesauce Sugar Cookie	8 Salisbury Steak Mashed Potatoes & Gravy Carrots Jell-O	9 Lemon Tarragon Chicken Roasted Potatoes Peas Rice Krispie Treat	10 Cook's Choice Contact a Kitchen Near You!
13 Pulled BBQ Chicken Sandwich Tater Tots Coleslaw Strawberry Poke Cake	14 Spaghetti & Meatballs Seasoned Zucchini Jell-O	15 Chicken Drumstick Dinner Roasted Golden Beats Green Beans Lemon Poke Cake	16 Boiled Dinner * Rice Orange Slices Brownie	17 Tuna Casserole Mandarin Oranges Cookie
20 Loaded Baked Potato * (Ham, Cheese, Broccoli) Cookie	21 Chicken Caesar Salad Applesauce Sparkling Jell-O Muffin	22 Ham Balls* Mashed Potatoes Green Beans Rice Krispie Treat	23 Chicken Broccoli Casserole Orange Slices Strawberry Poke Cake	24 Grilled Cheese Sandwich Fresh Tomato Slices Tomato Soup Brownie
27 Chicken Rotini Pasta Seasoned Zucchini Sugar Cookie	28 Hamburger Gravy Mashed Potatoes Broccoli Brownie	29 Chicken Stir Fry Rice Mandarin Oranges Chocolate Cake	30 Ham Dinner * Peas Roasted Potatoes Jell-O	31 Crispy Fish Sandwich Tossed Salad Cookie

- **Alternate** entrees are available on days indicated with \* Please call in your request 24 hours in advance.
- Frozen Meals are available for weekends.
- Registered customers are offered the meal service for a \$5.00 contribution; customers under age 60 are charged \$11.00.
- Menus are subject to change without notice. If you have any questions, please check with the offices noted above or your local dining site.
- Thank you for your patronage!

**AEOA is a private, non-profit, non-governmental agency.**