

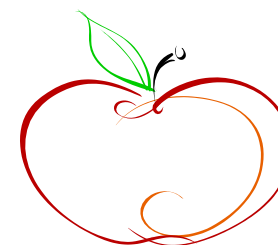



Arrowhead Senior Nutrition

January 2024

www.aeoa.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><i>Happy New Years!!</i> <i>Sites Closed</i></p> 	<p>2</p> <p>Chili Broccoli Coleslaw Cornbread Cookie</p>	<p>3</p> <p>Lasagna Tossed Salad Scandinavian Vegetables Bread Stick Jell-O</p>	<p>4</p> <p>Chicken & Dumplings Beets Mandarin oranges Jell-O Poke Cake</p>	<p>5</p> <p>Cheddar Omelet Sausage Links Fruit/Melon Cinnamon Roll Fruit Juice</p>
<p>8</p> <p>Meatballs & Gravy Mashed Potatoes Broccoli Brownie</p>	<p>9</p> <p>Hashbrown Egg Bake Fuit/Melon Fruit Juice Blueberry Muffin</p>	<p>10</p> <p>Cheeseburger Cucumber & Tomato Salad Roasted Potato Wedges Jell-O</p>	<p>11</p> <p>Stew Spring Mix Salad Berries Pudding</p>	<p>12</p> <p>Breaded Fish Carrots Baked Potato Cookie</p>
<p>15</p> <p>Spaghetti & Meatballs Garden Salad Bread Stick Frozen Dessert</p>	<p>16</p> <p>Boiled Dinner Melon/Fruit Bread Pudding</p>	<p>17</p> <p>Hungarian Pork Steak Peas & Carrots Baked Potato Pudding</p>	<p>18</p> <p>Chicken Drumsticks Baked Beans Corn Biscuit Peaches</p>	<p>19</p> <p>Garden Potato Soup Egg Salad Sandwich Pears Cookie</p>
<p>22</p> <p>Cauliflower Soup Deli Sandwich Fruit Cookie</p>	<p>23</p> <p>Apple Pancake Hashbrown Sausage Links Fruit Juice Fruit</p>	<p>24</p> <p>Polish & Sauerkraut Baked Beans Seasoned Potatoes Apple Cinnamon Jello</p>	<p>25</p> <p>Roast Pork Brussel Sprouts Carrots Rice Krispie Bar</p>	<p>26</p> <p>Lemon Butter Tilapia Scandinavian Vegetables Peaches Cottage Cheese</p>
<p>29</p> <p>Salisbury Steak Green Beans Mashed Potatoes & Gravy Fruit</p>	<p>30</p> <p>Chili Broccoli Coleslaw Cornbread Cookie</p>	<p>31</p> <p>Lasagna Tossed Salad Scandinavian Vegetables Bread Stick Jell-O</p>	<div style="border: 3px double black; padding: 10px; text-align: center;"> <p>AEOA is a private, non-profit, non-governmental agency.</p> </div>	

- **Alternate** entrees are available on days indicated. Please call in your request 24 hours in advance.
- Frozen Meals are available for weekends.
- Registered customers are offered the meal service for a \$4.50 contribution; customers under age 60 are charged \$9.00.
- 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!

The Arrowhead Senior Nutrition Program is sponsored by AEOA and is funded under a contract with the Arrowhead Regional Development Commission as part of the Older American's Act Program and from county appropriations.