

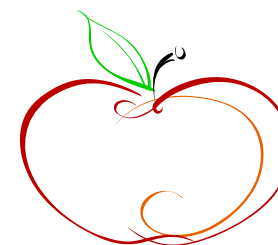


Arrowhead Senior Nutrition

October 2025

www.aeoa.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Rosemary Chicken Dill Carrots Roasted Potatoes Honey Wheat Roll Gingersnap Cookie	2 Minnesota Hotdish Cantaloupe Apple Pie	3 Baked Pork Chop Baked Sweet Potato Creamed Spinach Brownie
6 California Burger Potato Salad Chocolate Chip Cookie	7 Chicken & Cheese Enchilada Mexicali Corn Black Beans Mandarin Oranges	8 Penne & Meat Sauce Italian Zucchini Pears Cherry Jell-O	9 Honey Mustard Chicken Herbed Rice Oregon Bean Medley Baked Cinnamon Apples Chocolate Pudding	10 Cook's Choice See your local kitchen for menu
13 Egg & Ham & Spinach Bake* Roasted Potatoes Fresh Orange Slices	14 White Chicken Chili Peaches Gingersnap Cookie Cornbread	15 Unstuffed Cabbage Apple Cherry Juice Frosted Cake	16 Pasta e Fagioli Green Salad Brownie	17 Spanish Rice Black Beans Mandarin Oranges
20 Swiss Steak Baked Sweet Potato Garlic Green Beans Chocolate Chip Cookie	21 Chicken Caesar Salad Pears Jell-O Honey Wheat Roll	22 Beef & Barley & Vegetable Soup Green Salad Chocolate Pudding	23 Turkey Roast Stuffing Mashed Potatoes & Gravy Carrots Apple Pie	24 Chicken Alfredo Broccoli Orange Slices Chocolate Cake
27 Lemon Chicken Roasted Potatoes Oregon Bean Medley Sugar Cookie	28 Shepherd's Pie Peaches Yogurt & Granola	29 Southwest Chicken Wrap Mexicali Corn Mandarin Oranges Cherry Jell-O	30 Meatloaf Cheddar Mashed Potatoes Asparagus Spears Gingersnap Cookie	31 Sweet & Sour Pork Rice Stir Fry Vegetables Peaches Chocolate Pudding

- **Alternate** entrees are available on days indicated with a *. 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!

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