

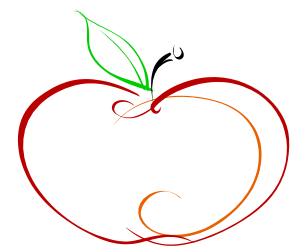


Arrowhead Senior Nutrition

November 2025

www.aeo.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
3 Hamburger Hashbrown Stroganoff Peas Pears	4 Lemon Butter Tilapia Asparagus Spears Herbed Rice Mixed Rice Jell-O	5 Rosemary Chicken Dill Carrots Roasted Potatoes Honey Wheat Roll Gingersnap Cookie	6 Minnesota Hotdish Cantaloupe Apple Pie	7 Baked Pork Chop Baked Sweet Potato Creamed Spinach Brownie
10 California Burger Potato Salad Chocolate Chip Cookie	11 Chicken & Cheese Enchilada Mexicali Corn Black Beans Mandarin Oranges	12 Penne & Meat Sauce Italian Zucchini Pears Cherry Jell-O	13 Honey Mustard Chicken Herbed Rice Oregon Bean Medley Baked Cinnamon Apples Chocolate Pudding	14 Cook's Choice See your local kitchen for menu
17 Egg & Ham & Spinach Bake* Roasted Potatoes Fresh Orange Slices	18 White Chicken Chili Peaches Gingersnap Cookie Cornbread	19 Unstuffed Cabbage Apple Cherry Juice Frosted Cake	20 THANKSGIVING PARTY Turkey Roast Stuffing Mashed Potatoes & Gravy Carrots Apple Pie	21 Spanish Rice Black Beans Mandarin Oranges
24 Swiss Steak Baked Sweet Potato Garlic Green Beans Chocolate Chip Cookie	25 Chicken Caesar Salad Pears Jell-O Honey Wheat Roll	26 Beef & Barley & Vegetable Soup Green Salad Chocolate Pudding	27 Thanksgiving Kitchens Closed	28 Chicken Alfredo Broccoli Orange Slices Chocolate Cake

- **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.