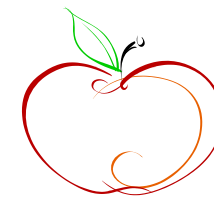


Arrowhead Senior Nutrition

December 2023

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

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



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Goulash Strawberry Rice Krispie Bar
4 Sweet & Sour Pork Fruited Jello w/ Topping	5 Hashbrown Egg Bake Blueberry Muffin	6 Special of the Day ~Call the kitchen nearest you	7 Hot Meatloaf Sandwich Fresh Fruit	8 Cauliflower/Cheese Soup Ham & Cheese Sandwich Homemade Cookie
11 Penne Pasta w/ Italian Sausage Fresh Fruit	12 Taco Salad Rhubarb Strawberry Bavarian	13 Pork Loin Dinner Fruited jello/Tpg	14 Meatballs/Gravy Brownie	15 Liver/Onions <i>or</i> <i>Alternate</i> Fruit
18 Sloppy Joe Roasted Potato Wedges Fruit	19 Lasagna Homemade Cookie	20 Baked Fish Fruit	21 Roast Beef Dinner Cake & Ice Cream <b>Holiday Dinner</b>	22 Apple Pancake Fresh Fruit
25 <b>Sites Closed</b> <b>Happy Holidays!</b> Frozen meals available	26 <b>Sites Closed</b> <b>Happy Holidays!</b> Frozen meals available	27 Special of the Day ~Call the kitchen nearest you	28 Italian Pasta Fruit	29 Cider Glazed Pork Loin Frosted Cake

- **Alternate** entrees are available on days indicated. Please call in your request 24 hours in advance.
- **Frozen Meals available for the weekend**
- 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.

