

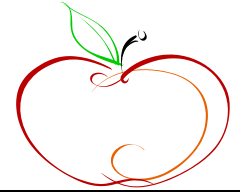


Arrowhead Senior Nutrition

December 2025

www.aeo.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
1 Lemon Chicken Roasted Potatoes Oregon Bean Medley Sugar Cookie	2 Shepherd's Pie Peaches Yogurt & Granola	3 Southwest Chicken Wrap Mexicali Corn Mandarin Oranges Cherry Jell-O	4 Meatloaf Cheddar Mashed Potatoes Asparagus Spears Gingersnap Cookie	5 Sweet & Sour Pork Rice Peaches Chocolate Pudding
8 Hamburger Hashbrown Stroganoff Peas Pears	9 Lemon Butter Tilapia Asparagus Spears Herbed Rice Mixed Rice Jell-O	10 Rosemary Chicken Dill Carrots Roasted Potatoes Honey Wheat Roll Gingersnap Cookie	11 Minnesota Hotdish Cantaloupe Apple Pie	12 Baked Pork Chop Baked Sweet Potato Creamed Spinach Brownie
15 California Burger Potato Salad Chocolate Chip Cookie	16 Chicken & Cheese Enchilada Mexicali Corn Black Beans Mandarin Oranges	17 Penne & Meat Sauce Italian Zucchini Pears Cherry Jell-O	18 Honey Mustard Chicken Herbed Rice Oregon Bean Medley Baked Cinnamon Apples Chocolate Pudding	19 Cook's Choice See your local kitchen for menu
22 Egg & Ham & Spinach Bake* Roasted Potatoes Fresh Orange Slices	23 HOLIDAY PARTY White Chicken Chili Peaches Gingersnap Cookie Cornbread	24 Christmas Eve Kitchens Closed	25 Christmas Day Kitchens Closed	26 Spanish Rice Black Beans Mandarin Oranges
29 Swiss Steak Baked Sweet Potato Garlic Green Beans Chocolate Chip Cookie	30 Chicken Caesar Salad Pears Jell-O Honey Wheat Roll	31 Beef & Barley & Vegetable Soup Green Salad 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.