

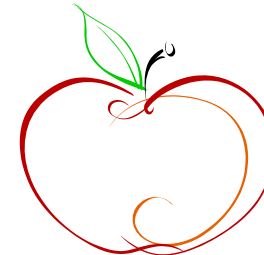


# Arrowhead Senior Nutrition

February 2024

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

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



| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <ul style="list-style-type: none"> <li><b>Alternate</b> entrees are available on days indicated. Please call in your request 24 hours in advance.</li> <li>Frozen Meals are available for weekends.</li> <li>Registered customers are offered the meal service for a \$4.50 contribution; customers under age 60 are charged \$9.00,.</li> <li>Menus are subject to change without notice. If you have any questions, please check with the offices noted above or your local dining site.</li> <li>Thank you for your patronage!</li> </ul> |   |  | 1<br>Chicken & Dumplings<br>Beets<br>Mandarin oranges<br>Jell-O Poke Cake  | 2<br>Cheddar Omelet<br>Sausage Links<br>Fruit/Melon<br>Cinnamon Roll<br>Fruit Juice  |
| 5<br>Meatballs & Gravy<br>Mashed Potatoes<br>Broccoli<br>Brownie   | 6<br>Hashbrown Egg Bake<br>Fuit/Melon<br>Fruit Juice<br>Blueberry Muffin  | 7<br>Cheeseburger<br>Cucumber & Tomato Salad<br>Roasted Potato Wedges<br>Jell-O        | 8<br>Stew<br>Spring Mix Salad<br>Berries<br>Pudding                        | 9<br>Breaded Fish<br>Carrots<br>Baked Potato<br>Cookie   |
| 12<br>Spaghetti & Meatballs<br>Garden Salad<br>Bread Stick<br>Frozen Dessert   | 13<br>Boiled Dinner<br>Melon/Fruit<br>Bread Pudding                       | 14<br>Hungarian Pork Steak<br>Peas & Carrots<br>Baked Potato<br>Pudding                | 15<br>Chicken Drumsticks<br>Baked Beans<br>Corn<br>Biscuit<br>Peaches      | 16<br>Garden Potato Soup<br>Egg Salad Sandwich<br>Pears<br>Cookie  |
| 19<br>Cauliflower Soup<br>Deli Sandwich<br>Fruit<br>Cookie   | 20<br>Apple Pancake<br>Hashbrown<br>Sausage Links<br>Fruit Juice<br>Fruit | 21<br>Polish & Sauerkraut<br>Baked Beans<br>Seasoned Potatoes<br>Apple Cinnamon Jell-O | 22<br>Roast Pork<br>Brussel Sprouts<br>Carrots<br>Rice Krispie Bar         | 23<br>Lemon Butter Tilapia<br>Scandinavian Vegetables<br>Peaches<br>Cottage Cheese   |
| 26<br>Salisbury Steak<br>Green Beans<br>Mashed Potatoes & Gravy<br>Fruit   | 27<br>Chili<br>Broccoli<br>Coleslaw<br>Cornbread<br>Cookie                | 28<br>Lasagna<br>Tossed Salad<br>Scandinavian Vegetables<br>Bread Stick<br>Jell-O      | 29<br>Chicken & Dumplings<br>Beets<br>Mandarin oranges<br>Jell-O Poke Cake | <div style="border: 3px double black; padding: 10px; text-align: center;"> <b>AEOA is a private, non-profit, non-governmental agency.</b> </div> |

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.

