

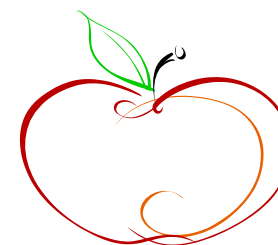


Arrowhead Senior Nutrition

March 2026

www.aeo.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Rotini Pasta Seasoned Zucchini Sugar Cookie	3 Hamburger Gravy Mashed Potatoes Broccoli Brownie	4 Chicken Stir Fry Rice Mandarin Oranges Chocolate Cake	5 Ham Dinner * Peas Roasted Potatoes Jell-O	6 Crispy Fish Sandwich Tossed Salad Cookie
9 Crispy Chicken Sandwich Tater Tots Cookie	10 Meatloaf Baked Potato Roasted Golden Beets Jell-O	11 Chili Tossed Salad Cookie	12 Tater Tot Hotdish Mandarin Oranges Poke Cake	13 Tuna Pasta Salad Green Pepper Slices Lemon Bar
16 St. Patrick's Day Party Egg Salad Sandwich Coleslaw Orange Slices Pudding	17 Pork Chop Rice Broccoli Applesauce Sugar Cookie	18 Salisbury Steak Mashed Potatoes & Gravy Carrots Jell-O	19 Lemon Tarragon Chicken Roasted Potatoes Peas Rice Krispie Treat	20 Cook's Choice Contact Your Kitchen!
23 Pulled BBQ Chicken Sandwich Tater Tots Coleslaw Strawberry Poke Cake	24 Spaghetti & Meatballs Seasoned Zucchini Jell-O	25 Chicken Drumstick Dinner Roasted Golden Beets Green Beans Lemon Poke Cake	26 Boiled Dinner * Rice Orange Slices Brownie	27 Tuna Casserole Mandarin Oranges Cookie
30 Stuffed Baked Potato * (Ham, Cheese, Broccoli) Gingersnap Cookie	31 Chicken Caesar Salad Applesauce Sparkling Jell-O Muffin			

- **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 \$5.00 contribution; customers under age 60 are charged \$11.00.
- 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.