

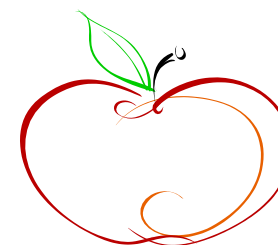


Arrowhead Senior Nutrition

March 2024

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"> Alternate entrees are available on days indicated. 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! 				1 Cheddar Omelet Sausage Links Fruit/Melon Cinnamon Roll Fruit Juice
4 Meatballs & Gravy Mashed Potatoes Broccoli Brownie	5 Hashbrown Egg Bake Fruit/Melon Fruit Juice Blueberry Muffin	6 Cheeseburger Cucumber & Tomato Salad Roasted Potato Wedges Jell-O	7 Stew Spring Mix Salad Berries Pudding	8 Breaded Fish Carrots Baked Potato Cookie
11 Spaghetti & Meatballs Garden Salad Bread Stick Frozen Dessert	12 Boiled Dinner Melon/Fruit Bread Pudding	13 Hungarian Pork Steak Peas & Carrots Baked Potato Pudding	14 Chicken Drumsticks Baked Beans Corn Biscuit Peaches	15 Garden Potato Soup Egg Salad Sandwich Pears Cookie
18 Cauliflower Soup Deli Sandwich Fruit Cookie	19 Apple Pancake Hashbrown Sausage Links Fruit Juice Fruit	20 Polish & Sauerkraut Baked Beans Seasoned Potatoes Apple Cinnamon Jell-O	21 Roast Pork Brussel Sprouts Carrots Rice Krispie Bar	22 Lemon Butter Tilapia Scandinavian Vegetables Peaches Cottage Cheese
25 Salisbury Steak Green Beans Mashed Potatoes & Gravy Fruit	26 Chili Broccoli Coleslaw Cornbread Cookie	27 Lasagna Tossed Salad Scandinavian Vegetables Bread Stick Jell-O	28 Chicken & Dumplings Beets Mandarin oranges Jell-O Poke Cake	29 Cheddar Omelet Sausage Links Fruit/Melon Cinnamon Roll Fruit Juice

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.

AEOA is a private, non-profit, non-governmental agency.

