

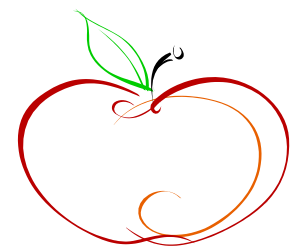



# Arrowhead Senior Nutrition

July 2025

[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 Meatloaf Baked Sweet Potato Green Beans Lemon Sorbet	2 Chef Salad* Crisp Grapes	3 Sweet and Sour Pork Rice Cookie	4 Kitchen Closed Holiday 4 <sup>th</sup> of July
7 Chicken Salad Sandwich Sweet Bell Pepper Slices Crisp Grapes Cookie	8 Pot Roast Mashed Potatoes & Gravy Mixed Vegetables Dinner Roll Rice Krispie Treat	9 Tater Tot Hotdish Green Beans Cantaloupe	10 Polish on a Bun* Au Gratin Potatoes Seasoned Zucchini Baked Apples	11 Tuna Pasta Salad* Cucumber & Tomato Slices Blueberry Crisp
14 Pulled Pork Sandwich Tater Tots Coleslaw Cookie	15 Beef Ravioli in Marinara Tossed Salad Blueberry Fluff	16 Chicken Parmesan Seasoned Zucchini Sparkling Orange Jell-O	17 Turkey Roast Mashed Potatoes & Gravy Mixed Vegetables Dinner Roll Frosted Cake	18 Au Gratin Potatoes & Ham Peas Fresh Watermelon
21 Sloppy Joe Mac N Cheese Orange Slices Potato Wedges Rice Krispie Treat	22 Seafood Salad* Sweet Bell Pepper Slices Lemon Sorbet	23 Chicken Drummies Baked Sweet Potato Baked Beans Blueberry Crisp	24 	25 Cook's Choice  Contact Your Local Kitchen
28 Turkey Sub Sandwich Coleslaw Jell-O	29 Bruschetta Chicken & Pasta Green Beans Baked Apples	30 Stuffed Baked Potato with Chicken & Cheese & Broccoli Rice Krispie Treat	31 Taco Salad Cantaloupe	

- **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.**