

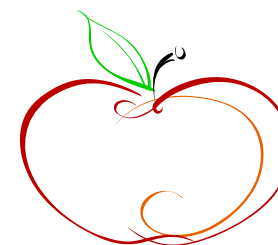


Arrowhead Senior Nutrition

September 2025

www.aeo.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
1 Kitchen Closed Labor Day	2 Bruschetta Chicken & Pasta Green Beans Baked Apples	3 Stuffed Baked Potato with Chicken & Cheese & Broccoli Rice Krispie Treat	4 Taco Salad Cantaloupe	5 Sausage & Pepper Rotini Seasoned Zucchini Sugar Cookie
8 Egg Salad Sandwich Tossed Salad Blueberry Fluff	9 Meatloaf Baked Sweet Potato Green Beans Lemon Sorbet	10 Chef Salad* Crisp Grapes	11 Sweet and Sour Pork Rice Cookie	12 Cheeseburger Potato Wedges Orange Slices Jell-O
15 Chicken Salad Sandwich Sweet Bell Pepper Slices Crisp Grapes Cookie	16 Pot Roast Mashed Potatoes & Gravy Mixed Vegetables Dinner Roll Rice Krispie Treat	17 Fall Colors Party Tater Tot Hotdish Green Beans Cantaloupe	18 Polish on a Bun* Au Gratin Potatoes Seasoned Zucchini Baked Apples	19 Tuna Pasta Salad* Cucumber & Tomato Slices Blueberry Crisp
22 Pulled Pork Sandwich Tater Tots Coleslaw Cookie	23 Beef Ravioli in Marinara Tossed Salad Blueberry Fluff	24 Chicken Parmesan Seasoned Zucchini Sparkling Orange Jell-O	25 Turkey Roast Mashed Potatoes & Gravy Mixed Vegetables Dinner Roll Frosted Cake	26 Au Gratin Potatoes & Ham* Peas Fresh Watermelon
29 Sloppy Joe Mac N Cheese Potato Wedges Orange Slices Rice Krispie Treat	30 Seafood Salad* Sweet Bell Pepper Slices Lemon Sorbet			

- **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.