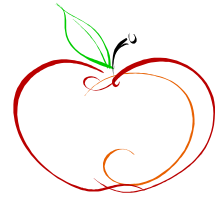




Arrowhead Senior Nutrition

April 2022

www.aeoa.org



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

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
				1 Salisbury Steak Fresh Fruit	FROZEN MEALS ARE	AVAILABLE FOR WEEKENDS
4 Chicken Cacciatore Fresh Fruit	5 Boiled Dinner <i>or</i> <i>Alternate</i> Bread Pudding	6 Meatloaf Dinner Pudding w/topping	7 Special of the Day ~Call the kitchen nearest you~	8 Favorite Italian Pasta Fruit		
11 Baked Fish Ice Cream Cup	12 Shepard Pie Pudding Fruit	13 Sweet and Sour Pork Rice Fruited Jello	14 Spring Fling Party Swedish Meatballs Mashed Potatoes w/Gravy Apple Cake/Tpg 	15 Pasty California Blend Veggies Fresh Fruit		
18 Mild Buffalo or BBQ Chicken Sandwich Fruit	19 Hashbrown Egg Bake Cinnamon Roll Juice	20 Chicken Pasta Salad Strawberry Pear Gelatin	21 Hot Beef Sandwich Fresh Fruit	22 Special of the Day ~Call the kitchen nearest you~		
25 Chicken Hashbrown Casserole Fresh Fruit	26 Glazed Ham Balls <i>or</i> <i>Alternate</i> Pudding w/topping	27 Special of the Day ~Call the kitchen nearest you~	28 Roast Pork Dinner Frosted Cake	29 Ham and Bean Soup & Chicken Salad Sandwich Molasses Cookie		

- **Alternative** entrees are available on days indicated. Please call in your request 24 hours in advance.
- Registered customers are offered the meal service for a \$4.00 contribution; customers under age 60 are charged \$8.00
- 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!

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non-profit,
non-governmental
agency.**