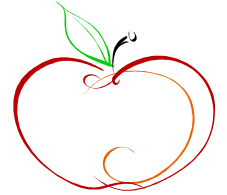





Arrowhead Senior Nutrition

August 2022

www.aeoa.org



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

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1 Favorite Pasta w/ Sauce Fresh Fruit	2 Cheeseburger on Bun Seasoned Potatoes Fruit	3 Chilled Ham Butterscotch Dessert <i>County Fair Days</i> 	4 Hot Meatloaf Sandwich Jell-O w/ Fruit	5 Pork Chow Mein Fresh Fruit	FROZEN MEALS ARE	AVAILABLE FOR WEEKENDS
8 Special of the Day ~ Call the site nearest you	9 Cauliflower & Cheese Soup Ham Sandwich Homemade Cookie	10 Chicken Pasta Salad Seasonal Melon	11 Roast Beef Dinner Banana Pudding Poke Cake	12 French Toast and Sausage with warm Apples Blueberry Fluff		
15 Sloppy Joe Potato Wedges Baked Beans Fruit	16 Chicken w/ Fruit Sauce Veggies Pudding w/ Topping	17 MN Hotdish Fresh Roll Blueberry Crisp w/ Topping	18 Penne with Italian Sausage Fresh Fruit	19 Fish Taco <i>or Alternate</i> Rice Krispy Bar		
22 Liver/Onions <i>or</i> <i>Alternate</i> Fruit	23 Chef Salad Tropical Cupcake	24 Twisted Taco Fruited Jell-O w/Topping	25 Roast Turkey Dinner Homemade Cookie	26 Lasagna Fruit		
29 Special of the Day ~Call the site nearest you~	30 Pork Loin Dinner Pudding w/ Topping	31 Tri Colored Rotini with Chicken Fresh Fruit				

- **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 \$8.50.
- 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
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