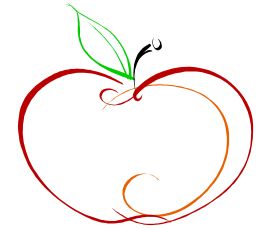






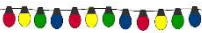
Arrowhead Senior Nutrition

December 2021

www.aeoa.org



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

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		1 Special of the Day Dessert ~Call the site nearest you~	2 Roast Beef Dinner Mashed Potato/Gravy Frosted Cake	3 Goulash Green Beans Fruit	FROZEN MEALS ARE	AVAILABLE FOR WEEKENDS
6 Polish w/Sauerkraut Mashed Potato Fruit	7 Sweet & Sour Chicken Rice Green Beans Applesauce Jello	8 Chili Ambrosia Salad Fresh roll Ice Cream	9 Chicken Strips Duchess Potatoes Garlic Biscuit Jello Poke Cake	10 Porcupine Meatballs Mashed Potato/Gravy Wax Beans Oatmeal Cookie		
13 Special of the Day Dessert ~Call the site nearest you~	14 Spaghetti with Meat Sauce Tossed Salad Fresh Fruit	15 Pork Loin Roast Mashed Potato/Gravy Pumpkin Bars	16 Baked Fish Pea & Cheese Salad Fruited Jello w/topping	17 Green Pepper Soup w/ Grilled Cheese Juice and a Cookie		
20 Tator Tot Hotdish Tossed Salad Juice and fruit	21 Special of the Day Dessert ~Call the site nearest you~	22 Meatloaf Dinner Mashed Potato with Gravy Carrot Coin Salad Pudding w/topping	23 ~Holiday Party~ Ham Dinner or <i>Alternate</i> Colcannon Potatoes Egg Nog Cake  HOLIDAY PARTY!	24 Site Closed Frozen Meals Available 		
27 Site Closed Frozen Meals Available  Happy Holidays!	28 Egg & Sausage Muffin Sandwich Hashbrowns Juice & Yogurt	29 Sloppy Joe w/bun Coleslaw Potato Chunks Whipped Jello	30 Roast Turkey Dinner Mashed Potato/Gravy Dessert, Dressing, and Cake/Icing	31 Chicken Noodle Soup w/ Egg Salad Sandwich Juice and 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 \$8.00.

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! Planters is a proud SPONSOR of AEOA Senior Dining Programs.



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