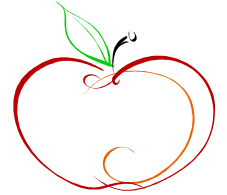




Arrowhead Senior Nutrition

July 2022

www.aeoa.org



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

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
				1 Pork Chow Mein Fresh Fruit	FROZEN MEALS ARE	AVAILABLE FOR WEEKENDS
4 Happy 4 th of July Sites Closed ~ Frozen Meals Available~	5 Cauliflower & Cheese Soup Ham Sandwich Homemade Cookie	6 Chicken Sandwich on a Bun Chicken Pasta Salad Seasonal Melon	7 Roast Beef Dinner Banana Pudding Poke Cake	8 French Toast and Sausage with warm Apples Blueberry Fluff		
11 Sloppy Joe Potato Wedges Baked Beans Fruit	12 Chicken w/ Fruit Sauce Veggies Pudding w/ Topping	13 MN Hotdish Fresh Roll Blueberry Crisp w/ Topping	14 Penne with Italian Sausage Fresh Fruit	15 Fish Taco <i>or Alternate</i> Rice Krispy Bar		
18 Liver/Onions <i>or</i> <i>Alternate</i> Fresh Fruit	19 Chef Salad Homemade Cookie	20 Twisted Taco Fruited Jell-O w/Topping	21 Roast Turkey Dinner Tropical Cupcake <i>Fun in the Sun Party</i> 	22 Lasagna Fruit		
25 Special of the Day ~Call the site nearest you~	26 Pork Loin Dinner Pudding w/ Topping	27 Tri Colored Rotini with Chicken Fresh Fruit	28 Meatballs/Gravy Mashed Potatoes Jell-O Poke Cake	29 Ham Loaf <i>or</i> <i>Alternate</i> Homemade Cookie		

- **Alternate** 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 \$7.50.
- 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!

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non-profit,
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