

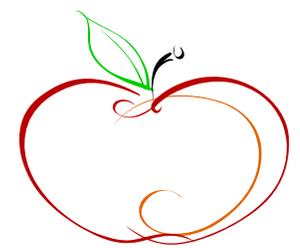


**Arrowhead Senior Nutrition**

**February 2026**

[www.aeoa.org](http://www.aeoa.org)

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



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2 Crispy Chicken Sandwich Tater Tots Cookie	3 Meatloaf Baked Potato Roasted Golden Beets Jell-O	4 Chili Tossed Salad Cookie	5 Tater Tot Hotdish Mandarin Oranges Poke Cake	6 Tuna Pasta Salad Green Pepper Slices Lemon Bar
9 Egg Salad Sandwich Coleslaw Orange Slices Pudding	10 Pork Chop Rice Broccoli Applesauce Sugar Cookie	11 Salisbury Steak Mashed Potatoes & Gravy Carrots Jell-O	12 Lemon Tarragon Chicken Roasted Potatoes Peas Rice Krispie Treat	13 <b>Valentine's Day Party</b> Cook's Choice Contact Your Kitchen!
16 Pulled BBQ Chicken Sandwich Tater Tots Coleslaw Strawberry Poke Cake	17 Spaghetti & Meatballs Seasoned Zucchini Jell-O	18 Chicken Drumstick Dinner Roasted Golden Beets Green Beans Lemon Poke Cake	19 Boiled Dinner * Rice Orange Slices Brownie	20 Tuna Casserole Mandarin Oranges Cookie
23 Loaded Baked Potato * (Ham, Cheese, Broccoli) Cookie	24 Chicken Caesar Salad Applesauce Sparkling Jell-O Muffin	25 Ham Balls* Mashed Potatoes Green Beans Rice Krispie Treat	26 Chicken Broccoli Casserole Orange Slices Strawberry Poke Cake	27 Grilled Cheese Sandwich Fresh Tomato Slices Tomato Soup Brownie

- **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 \$5.00 contribution; customers under age 60 are charged \$11.00.
- **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.**