

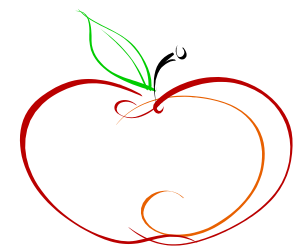


# Arrowhead Senior Nutrition

April 2026

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

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



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Lasagna Peas Fresh Apple Cake	2 Polish & Sauerkraut Green Beans Roasted Potatoes Lime Jell-O	3 Salisbury Steak Mashed Potatoes & Gravy Carrots Apple Bar
6 Sausage & Pepper Rotini Tossed Salad Brownie	7 Pork Chop Dinner Rice Broccoli Normandy Applesauce Cookie	8 Chicken & Cheese Enchiladas Mexicali Corn Strawberry Jell-O	9 Tuna Salad Sandwich 3 Bean Salad Pears Rice Krispie Treat	10 Cook's Choice  Contact Your Kitchen!
13 Tuscan Ham & Cheese Sandwich * Cuc & Tomato Salad Craisins Lemon Bar	14 Spaghetti & Meatballs Peas Orange Fluff	15 Chicken Drumstick Dinner Mixed Vegetables Roasted Potatoes Brownie	16 Turkey Pasta Salad Fresh Apple 3 Bean Salad Cookie	17 Pork Chow Mein Rice Mandarin Oranges Cherry Jell-O
20 Honey Mustard Chicken Mashed Potatoes Carrots Strawberry Poke Cake	21 Hamburger Pasta Bake California Vegetables Banana Rice Krispie Treat	22 <b>EARTH DAY PARTY</b> Crispy Fish Sandwich Tossed Salad Pears Cookie	23 Hungarian Pork Steak Beets Mixed Vegetables Cinnamon Apples	24 California Chicken Bake Mandarin Oranges Carrot Bar
27 Pizza Burger Mixed Vegetables Banana Cookie	28 Creamed Chicken & Biscuit Broccoli Applesauce Frosted Cake	29 Sweet & Sour Pork Rice Stir Fry Vegetables Mandarin Oranges Pudding	30 Bruschetta Chicken Pasta Green Beans Baked Apples	1 Potato Crunch Pollock Roasted Potatoes Broccoli Normandy Lemon Bar

- *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.**