

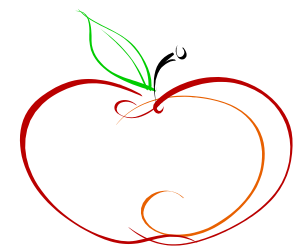


**Arrowhead Senior Nutrition**

**May 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 Potato Crunch Pollock Roasted Potatoes Broccoli Normandy Lemon Bar
4 Turkey & Swiss Sandwich Potato Salad Whipped Jell-O	5 Ham Macaroni Salad* Cucumber Slices Orange Slices Cookie	6 Lasagna Peas Fresh Apple Cake	7 Polish & Sauerkraut* Green Beans Roasted Potatoes Lime Jell-O	8 Salisbury Steak Mashed Potatoes & Gravy Carrots Apple Bar
11 Sausage & Pepper Rotini Tossed Salad Brownie	12 Pork Chop Dinner Rice Broccoli Normandy Applesauce Cookie	13 Chicken & Cheese Enchiladas Mexicali Corn Strawberry Jell-O	14 Tuna Salad Sandwich* 3 Bean Salad Pears Rice Krispie Treat	15 <b>MINNESOTA PARTY</b> ★ Cook's Choice Contact Your Kitchen!
18 Tuscan Ham & Cheese Sandwich * Cuc & Tomato Salad Craisins Lemon Bar	19 Spaghetti & Meatballs Peas Orange Fluff	20 Chicken Drumstick Dinner Mixed Vegetables Roasted Potatoes Brownie	21 Turkey Pasta Salad Fresh Apple 3 Bean Salad Cookie	22 Pork Chow Mein Rice Mandarin Oranges Cherry Jell-O
25 Honey Mustard Chicken Mashed Potatoes Carrots Strawberry Poke Cake	26 Hamburger Pasta Bake California Vegetables Banana Rice Krispie Treat	27 Crispy Fish Sandwich Tossed Salad Pears Cookie	28 Hungarian Pork Steak Beets Mixed Vegetables Cinnamon Apples	29 California Chicken Bake Mandarin Oranges Carrot 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.**