

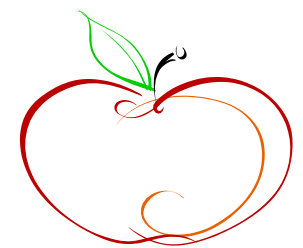


Arrowhead Senior Nutrition

June 2026

www.aeoa.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
1 Pizza Burger Mixed Vegetables Banana Cookie	2 Creamed Chicken & Biscuit Broccoli Applesauce Frosted Cake	3 Sweet & Sour Pork Rice Stir Fry Vegetables Mandarin Oranges Pudding	4 Bruschetta Chicken Pasta Green Beans Baked Apples	5 Potato Crunch Pollock Roasted Potatoes Broccoli Normandy Lemon Bar
8 Turkey & Swiss Sandwich Potato Salad Whipped Jell-O	9 Ham Macaroni Salad* Cucumber Slices Orange Slices Cookie	10 Lasagna Peas Fresh Apple Cake	11 BRING A FRIEND DAY Polish & Sauerkraut Green Beans Roasted Potatoes Lime Jell-O	12 Salisbury Steak Mashed Potatoes & Gravy Carrots Apple Bar
15 Sausage & Pepper Rotini Tossed Salad Brownie	16 Pork Chop Dinner Rice Broccoli Normandy Applesauce Cookie	17 Chicken & Cheese Enchiladas Mexicali Corn Strawberry Jell-O	18 Tuna Salad Sandwich 3 Bean Salad Pears Rice Krispie Treat	19 Cook's Choice Contact Your Kitchen!
22 Tuscan Ham & Cheese Sandwich * Cuc & Tomato Salad Craisins Lemon Bar	23 Spaghetti & Meatballs Peas Orange Fluff	24 Chicken Drumstick Dinner Mixed Vegetables Roasted Potatoes Brownie	25 Turkey Pasta Salad Fresh Apple 3 Bean Salad Cookie	26 Pork Chow Mein Rice Mandarin Oranges Cherry Jell-O
29 Honey Mustard Chicken Mashed Potatoes Carrots Strawberry Poke Cake	30 Hamburger Pasta Bake California Vegetables Banana Rice Krispie Treat			

- *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.