

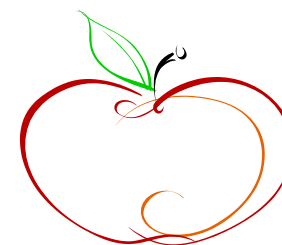


Arrowhead Senior Nutrition

July 2026

www.aeoa.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spaghetti & Meat Sauce Peas Brownie	2 Loaded Baked Potato (Chicken, Cheese, Broccoli) Watermelon	3 INDEPENDENCE DAY OBSERVED KITCHENS CLOSED
6 Chicken Salad Sandwich Grapes Cookie	7 INDEPENDENCE DAY  PARTY Goulash Corn Applesauce	8 Turkey Dinner Mashed Potatoes & Gravy Green Beans Carrot Bar	9 Meatloaf Dinner Baked Potato Mixed Vegetables Rice Krispie Treat	10 Fish & Chips Broccoli Normandy Jell-O
13 Crab Pasta Salad* Cucumber Slices Pear Pudding	14 Salisbury Steak Potato Wedges Peas Frosted Cake	15 Brunch Lunch* Pancake Sausage Wrap Scrambled Eggs Hashbrowns Cantaloupe	16 Creamy Potato Soup Turkey Sandwich Cherry Flavored Apples	17 Country Fried Pork Loin Mashed Potatoes & Gravy Mixed Vegetables Apple Bar
20 Beef Rigatoni Corn Cinnamon Pears Brownie	21 Chef Salad* Muffin Watermelon	22 BBQ Meatballs Mixed Vegetables Potato Wedges Rice Krispie Treat	23 Chicken Sandwich Cucumber & Radish Salad Frosted Cake	24 Tater Tot Hot Dish Broccoli Cookie
27 Riblette Sandwich Potato Wedges Banana Apple Bar	28 Soft Tacos Mexicali Corn Cookie	29 Ham Balls* Peas Baked Potato Brownie	30 Lasagna Green Beans Coleslaw Pudding	31 Pork Loin Seasoned Rice Broccoli 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!

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