

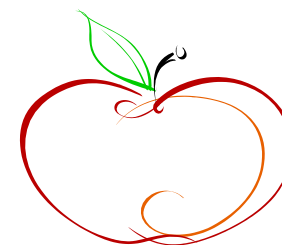


Arrowhead Senior Nutrition

August 2026

www.aeo.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
3 Tuna Casserole* Carrots Cantaloupe Jell-O Fluff	4 Chicken Drumsticks French Fries Mixed Vegetables Frosted Cake	5 Spaghetti & Meat Sauce Peas Brownie	6 Loaded Baked Potato (Chicken, Cheese, Broccoli) Watermelon	7 Hamburger Gravy & Mashed Potatoes Green Beans Carrot Bar
10 Chicken Salad Sandwich Grapes Cookie	11 Goulash Corn Applesauce	12 Turkey Dinner Mashed Potatoes & Gravy Green Beans Carrot Bar	13 FUN IN THE SUN PARTY Meatloaf Dinner Baked Potato Mixed Vegetables Rice Krispie Treat	14 Fish & Chips Broccoli Normandy Jell-O
17 Crab Pasta Salad* Cucumber Slices Pear Pudding	18 Salisbury Steak Potato Wedges Peas Frosted Cake	19 Brunch Lunch* Pancake Sausage Wrap Scrambled Eggs Hashbrowns Cantaloupe	20 Creamy Potato Soup Turkey Sandwich Cherry Flavored Apples	21 Country Fried Pork Loin Mashed Potatoes & Gravy Mixed Vegetables Apple Bar
24 Beef Rigatoni Corn Cinnamon Pears Brownie	25 Chef Salad* Muffin Watermelon	26 BBQ Meatballs Mixed Vegetables Potato Wedges Rice Krispie Treat	27 Chicken Sandwich Cucumber & Radish Salad Frosted Cake	28 Tater Tot Hot Dish Broccoli Cookie
31 Riblette Sandwich Potato Wedges Banana Apple 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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