

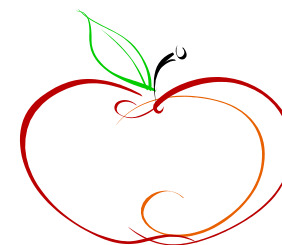


Arrowhead Senior Nutrition

September 2026

www.aeo.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Drumsticks French Fries Mixed Vegetables Frosted Cake	2 Spaghetti & Meat Sauce Peas Brownie	3 Loaded Baked Potato (Chicken, Cheese, Broccoli) Watermelon	4 Hamburger Gravy & Mashed Potatoes Green Beans Carrot Bar
7 LABOR DAY KITCHENS CLOSED	8 Goulash Corn Applesauce	9 Turkey Dinner Mashed Potatoes & Gravy Green Beans Carrot Bar	10 Meatloaf Dinner Baked Potato Mixed Vegetables Rice Krispie Treat	11 Fish & Chips Broccoli Normandy Jell-O
14 Crab Pasta Salad* Cucumber Slices Pear Pudding	15 Salisbury Steak Potato Wedges Peas Frosted Cake	16 Brunch Lunch* Pancake Sausage Wrap Scrambled Eggs Hashbrowns Cantaloupe	17 Creamy Potato Soup Turkey Sandwich Cherry Flavored Apples	18 Country Fried Pork Loin Mashed Potatoes & Gravy Mixed Vegetables Apple Bar
21 Beef Rigatoni Corn Cinnamon Pears Brownie	22 END OF SUMMER PARTY Chef Salad* Muffin Watermelon	23 BBQ Meatballs Mixed Vegetables Potato Wedges Rice Krispie Treat	24 Chicken Sandwich Cucumber & Radish Salad Frosted Cake	25 Tater Tot Hot Dish Broccoli Cookie
28 Riblette Sandwich Potato Wedges Banana Apple Bar	29 Soft Tacos Mexicali Corn Cookie	30 Ham Balls* Peas Baked Potato Brownie		

- **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.