

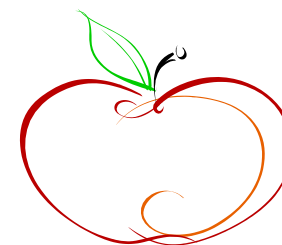


Arrowhead Senior Nutrition

October 2026

www.aeoa.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Roast Turkey Mashed Potatoes & Gravy Stuffing Carrots Pumpkin Bar	2 Meatloaf Green Beans Fruit Brownie
5 Brunch Lunch Cantaloupe Hashbrown	6 Soft Tacos Kidney Beans Jell-O Fluff	7 Imitation Crab Pasta Salad Cucumber Slices Fruit Cookie	8 Chicken Noodle Soup Peas Peaches Pudding	9 Ham and Cheese Baked Potato* Broccoli Banana
12 Swiss Steak Potato Wedges Peas Frosted Cake	13 Creamy Potato Soup Turkey Roast Apples Brownie	14 Bruschetta Chicken Pasta Broccoli Strawberry Shortcake	15 Tater Tot Hot Dish Carrots Rice Krispie Treat	16 Cook's Choice See your local kitchen for menu
19 Rib Sandwich Carrots and Cucumbers Banana Jell-O Fluff	20 Chicken Drummies Potato Wedges Mixed Vegetables Strawberry Whip	21 Spaghetti & Meat Sauce Peas Peaches Brownie	22 Fish & Chips Dill Carrots Frosted Cake	23 Pork Chop Rice Broccoli Normandy Applesauce Cookie
26 Garden Salad with Chicken Muffin Pudding	27 Pulled Pork Sandwich Beets Applesauce Scotcharoo Bar	28 BBQ Meatballs Potato Wedges Mixed Vegetables Cookie	29 Hamburger Stroganoff & Noodles Green Beans Peaches Apple Bar	30  Sloppy Joe Hashbrowns Peas Orange Whip

- **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 \$10.00.
- 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.