

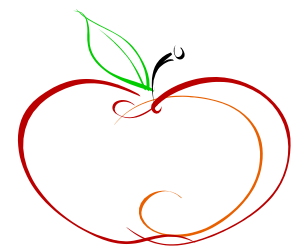


Arrowhead Senior Nutrition

November 2026

www.aeoa.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chili Tossed Salad Cornbread Cookie	3 Hot Ham & Cheese * Potato Wedges Banana Jell-O	4 Lasagna Coleslaw Pudding	5 Roast Turkey Mashed Potatoes & Gravy Stuffing Carrots Pumpkin Bar	6 Meatloaf Green Beans Fruit Brownie
9 Brunch Lunch Cantaloupe Hashbrown	10 Soft Tacos Kidney Beans Jell-O Fluff	11 Imitation Crab Pasta Salad Cucumber Slices Fruit Cookie	12 Chicken Noodle Soup Peaches Peas Pudding	13 Ham and Cheese Baked Potato * Broccoli Banana
16 Swiss Steak Potato Wedges Peas Frosted Cake	17 Fall Party Creamy Potato Soup Turkey Roast Apples Brownie 	18 Bruschetta Chicken Pasta Broccoli Strawberry Shortcake	19 Tater Tot Hot Dish Carrots Rice Krispie Treat	20 Cook's Choice See your local kitchen for menu
23 Rib Sandwich Carrots and Cucumbers Banana Jell-O Fluff	24 Chicken Drummies Potato Wedges Mixed Vegetables Strawberry Whip	25 Spaghetti & Meat Sauce Peas Peaches Brownie	26 THANKSGIVING KITCHENS CLOSED	27 KITCHENS CLOSED
30 Garden Salad with Chicken Muffin Pudding				

- **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.