

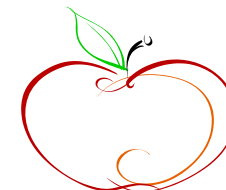


Arrowhead Senior Nutrition

December 2026

www.aeo.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pulled Pork Sandwich Beets Applesauce Scotcheroo Bar	2 BBQ Meatballs Potato Wedges Mixed Vegetables Cookie	3 Hamburger Stroganoff & Noodles Green Beans Peaches Apple Bar	4 Sloppy Joe Hashbrowns Peas Orange Whip
7 Chili Tossed Salad Cornbread Cookie	8 Hot Ham & Cheese * Potato Wedges Banana Jell-O	9 Lasagna Coleslaw Pudding	10 Roast Turkey Mashed Potatoes & Gravy Stuffing Carrots Pumpkin Bar	11 Meatloaf Green Beans Fruit Brownie
14 Brunch Lunch Cantaloupe Hashbrown	15 Soft Tacos Kidney Beans Jell-O Fluff	16 Imitation Crab Pasta Salad Cucumber Slices Fruit Cookie	17 Chicken Noodle Soup Peas Peaches Pudding	18 Ham and Cheese Baked Potato * Broccoli Banana
21 Swiss Steak Potato Wedges Peas Frosted Cake	22 HOLIDAY PARTY Creamy Potato Soup Turkey Roast Apples Brownie	23 Bruschetta Chicken Pasta Broccoli Strawberry Shortcake	24 CHRISTMAS EVE KITCHENS CLOSED	25 CHRISTMAS DAY KITCHENS CLOSED
28 Rib Sandwich Carrots and Cucumbers Banana Jell-O Fluff	29 Chicken Drummies Potato Wedges Mixed Vegetables Strawberry Whip	30 Spaghetti & Meat Sauce Peas Peaches Brownie	31 Fish & Chips Dill Carrots Frosted Cake	

- **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.