




Arrowhead Senior Nutrition

April 2018

www.aeoa.org

Virginia Office: 1-800-662-5711, ext. 6899 or (218) 735-6899 • Duluth Central Kitchen: (218) 727-4321



Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Chili Fruit	Chicken Salad Sandwich & Bean Lentil Soup	Special of the Day	Chicken Pasta Salad Peaches & Cream Bar	Baked Fish Fruit		
2 Cheeseburger Fresh Fruit	3 Ham Dinner <i>or</i> <i>Alternative</i> Fruit	4 Roast Pork Dinner Fresh Fruit	5  Bring a Friend Day Meatball Dinner Fruit Crisp	6 Ham & Cheese Omelet Cinnamon Roll		
9 Salisbury Steak Fruit	10 Chicken Broccoli Bake Cookie	11 Roast Turkey Dinner Fresh Fruit	12 Special of the Day	13 Harvest Stew Fresh Fruit		
16 Fish Sandwich on a Bun <i>or Alternative</i> Fresh Fruit	17 Meatloaf Dinner Fruit	18 Chicken Chow Mein Fruit	19 Boiled Dinner <i>or</i> <i>Alternative</i> Cake	20 Goulash Fresh Fruit		
23 Special of the Day	24	25	26	27		
30						

FROZEN MEALS ARE

AVAILABLE FOR WEEKENDS

- *Alternative* entrees are available on days indicated. Please call in your request 24 hours in advance.
- Registered customers are offered the meal service for a \$4.00 contribution; customers under age 60 are charged \$7.50.
- 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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non-profit,
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