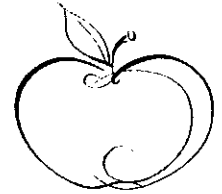





# Arrowhead Senior Nutrition

April 2019

[www.aeo.org](http://www.aeo.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
1 Sloppy Joes Fresh Fruit	2 Ham Dinner <i>or</i> <i>Alternate</i> Fruit	3 Roast Pork Dinner Fresh Fruit	4 Bring a Friend Day  Meatball Diner Fruit Crisp	5 Sausage Gravy/Biscuit <i>or Alternate</i> Ice Cream	FROZEN MEALS ARE	AVAILABLE FOR WEEKENDS
8 Salisbury Steak Fruit	9 Chicken-n-Cheese Enchilada Cookie	10 Roast Turkey Dinner Fresh Fruit	11 Special of the Day	12 Harvest Stew Fresh Fruit		
15 Fish Sandwich on a Bun <i>or Alternate</i> Fruit	16 Meatloaf Dinner Fruit	17 Chicken Chow Mein Fresh Fruit	18 Boiled Dinner <i>or</i> <i>Alternate</i> Cake	19 Goulash Fresh Fruit		
22 Special of the Day	23 Mild Buffalo or BBQ Chicken Sandwich Fresh Fruit	24 Chili Fruit	25 Chicken Pasta Salad Fresh Fruit	26 Baked Fish Fruit		
29 Split Pea Soup & Chicken Salad Sandwich Fruit	30 Special or the Day					

- **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,  
non-governmental  
agency.