



Arrowhead Senior Nutrition August 2018

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



www.aeo2.org

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Cheesy Cauliflower Soup and Ham/Cheese Sandwich <i>or</i> <i>Alternative</i> Fresh Fruit	Chicken Pasta Salad Fruit	Chicken on a Bun Fruit	Ham Dinner <i>or</i> <i>Alternative</i> Rhubarb Squares	Parmesan Crusted Chicken Fresh Fruit	FROZEN MEALS ARE	AVAILABLE FOR WEEKENDS
6	7	8	9	10		
Penne Italian Sausage/Peppers Fresh Fruit	Chicken Strips Fresh Fruit	Hamloaf <i>or</i> <i>Alternative</i> Strawberry Shortcake	Pork Loin Chop Strawberry Rhubarb Sauce	Meatballs/Gravy Fruit		
13	14	15	16	17		
Liver/Onions <i>or</i> <i>Alternative</i> Fruit	Roast Turkey Fresh Fruit	Stuffed Peppers Fruit	Chef Salad Yogurt	Chicken Parmesan Carrot Cake/Cream Cheese Frosting		
20	21	22	23	24		
Special of the Day	Fisherman's Platter <i>or</i> <i>Alternative</i> Fresh Fruit	Sweet & Sour Pork Sweet Potato Pie	Salisbury Steak Fruit	Lasagna Fruit		
27	28	29	30	31		

- *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.
- Meals include vegetable, potato, starch, milk & margarine.

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