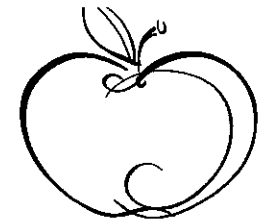




## Arrowhead Senior Nutrition August, 2017



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

[www.aeo.org](http://www.aeo.org)

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	Roast Beef Dinner Danish Ribbon Cake 1	Minnesota Hotdish Fruit 2	Chicken Pasta Salad Fresh Fruit 3	Special of the Day 4	FROZEN MEALS ARE AVAILABLE FOR WEEKENDS	AVAILABLE FOR WEEKENDS
Creamed Chicken/Biscuit Fresh Fruit 7	Pork Loin Fruit 8	<b>Fair Days Party</b> Chicken Strips Donut Holes 9	Meatballs/Gravy Mandarin Orange Cake 10	Sweet & Sour Pork Fresh Fruit 11		
Salisbury Steak Strawberry Rhubarb Sauce 14	Roast Turkey Fresh Fruit 15	Special of the Day 16	Chicken Chef Salad <i>or</i> <i>Alternative</i> Fruit 17	Hamloaf <i>or</i> <i>Alternative</i> Glazed Poppy Seed Cake 18		
Chicken Parmesan Fruit 21	Stuffed Baked Potato <i>or Alternative</i> Fresh Fruit 22	Lasagna Fruit 23	Ham & Cheese Sandwich Chicken Noodle Soup <i>or Alternative</i> Fresh Fruit 24	Ham Dinner <i>or</i> <i>Alternative</i> Strawberry Shortcake 25		
Parmesan Crusted Chicken Fruit 28	Shipwreck Casserole Rice Krispie Bar 29	Chicken on a Bun Fruit 30	Special of the Day 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. Thank you for your patronage!
- Ground turkey may be substituted for some entrees, typically made with ground beef. Check with your local kitchen if you have any questions.
- 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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