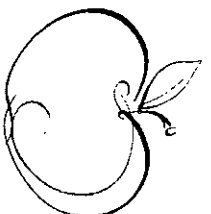




**Arrowhead Senior Nutrition
December 2018**

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

www.aeoa.org



Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Special of the Day Check with your local kitchen	Meatloaf Fresh Fruit	Chili Fruit	Champagne Chicken Fresh Fruit	Ham Dinner Sour Cream Raisin Pie	FROZEN MEALS ARE AVAILABLE FOR WEEKENDS	FROZEN MEALS ARE AVAILABLE FOR WEEKENDS
3	4	5	6	7		
Pulled Pork/Bun Fresh Fruit	Hashbrown Egg Bake Cinnamon Roll	Porcupine Meatballs Fruit	Roast Turkey Fresh Fruit	Beef Stroganoff Fruit		
10	11	12	13	14		
Teriyaki Burger/Bun Fresh Fruit	Special of the Day Check with your local kitchen	Stew Fruit	Cabbage Roll Fresh Fruit	Holiday Dinner Roast Beef Jello Poke Cake		
17	18	19	20	21		
Christmas Eve Sites Closed Frozen meals available	Christmas Day Sites Closed Frozen meals available	Fish Fruit	Pork Loin Pumpkin Bar/Cream Cheese Frosting	Chicken Noodle Soup Egg Salad Sandwich Fresh Fruit		
24	25	26	27	28		
Spaghetti Fruit						
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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