




Arrowhead Senior Nutrition February 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
			Chicken Salad Sandwich & Bean Lentil Soup Fresh Fruit 1	Chili Fruit 2	FROZEN MEALS ARE AVAILABLE FOR WEEKENDS	
Cheeseburger Fruit 5	Meatball Dinner Fresh Fruit 6	Ham Dinner <i>or</i> <i>Alternative</i> Fruit 7	Ham & Cheese Omelet Cinnamon Roll 8	Roast Pork Dinner Fresh Fruit 9		
Salisbury Steak Fruit 12	Valentine's Day Party  Roast Turkey Decorated Cake 13	Fish Sandwich on a Bun <i>or</i> <i>Alternative</i> Fresh Fruit 14	Chicken Broccoli Bake Cookie 15	Special of the Day 16		
Goulash Fresh Fruit 19	Chicken Chow Mein Fruit 20	Harvest Stew Fresh Fruit 21	Hot Beef Sandwich Apple Brown Betty 22	Boiled Dinner <i>or</i> <i>Alternative</i> Fruit 23		
Meatloaf Dinner Fresh Fruit 26	Special of the Day 27	Chicken Lasagna Fresh Fruit 28				

- **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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