





Arrowhead Senior Nutrition January 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
 Happy New Year Sites Closed Frozen Meals Available	Special of the Day	Chicken Pasta Salad Peaches & Cream Bar	Chili Fruit	Ham Dinner <i>or</i> <i>Alternative</i> Fruit		
1 Meatball Dinner Fresh Fruit	2 Ham & Cheese Omelet Cinnamon Roll	3 Sloppy Joe Fresh Fruit	4 Welcome 2018 Party  Roast Pork Dinner Snowball Cake	5 Chicken Salad Sandwich & Bean Lentil Soup Fruit		
8 Chicken Broccoli Bake Fresh Fruit	9 Roast Turkey Dinner Fruit	10 Fish Sandwich on a Bun <i>or Alternative</i> Fruit	11 Harvest Stew Fresh Fruit	12 Salisbury Steak Cookie		
15 Chicken Chow Mein Fresh Fruit	16 Boiled Dinner <i>or</i> <i>Alternative</i> Cake	17 Meatloaf Dinner Fruit	18 Goulash Fruit	19 Special of the Day		
22 Baked Fish Fruit	23 Chicken Lasagna Fresh Fruit	24 Hot Beef Sandwich Apple Brown Betty	25	26		
29	30	31				
FROZEN MEALS ARE						
AVAILABLE FOR WEEKENDS						

- *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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