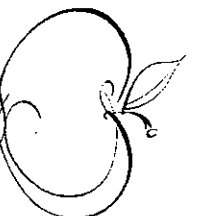






**ARROWHEAD SENIOR NUTRITION**  
**January 2019**  
[www.aeoa.org](http://www.aeoa.org)

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
Meatball Dinner Fresh Fruit	 Happy New Year Sites Closed Frozen Meals Available 1	Special of the Day Polish & sauerkraut mashed potatoes peaches 2	Chili Fruit 3	Ham Dinner <i>or</i> Alternate Fruit BBQ Chicken Breast 4	<b>FROZEN MEALS ARE            AVAILABLE FOR WEEKENDS</b>	
7 Chicken-n-Cheese Enchilada Cookie	Sausage Gravy/Biscuit <i>or Alternate</i> Ice Cream Chicken Strips & TATER TOTS 8	Sloppy Joe Fresh Fruit 9	Welcome 2019 Party  Roast Pork Dinner Snowball Cake 10	Split Pea Soup & Chicken Salad Sandwich Fruit 11		
14 Chicken Chow Mein Fresh Fruit	Boiled Dinner <i>or</i> Alternate Cake 22 Chicken dumpling Soup 23	Fish Sandwich on a Bun <i>or Alternate</i> Fresh Fruit Breaded Chicken 16	Harvest Stew Fruit 17	Salisbury Steak Fresh Fruit 18		
21 Baked Fish Fruit	Mild Buffalo or BBQ Chicken Sandwich Fresh Fruit 29	Meatloaf Dinner Fruit 16	Special of the Day Ham'n O' Grown mashed potatoes corn cookie 24	Goulash Fresh Fruit 25		
28		Hot Beef Sandwich Apple Crisp 30	Special of the Day Chicken Pasta Salad Fresh 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.
- Thank you for your patronage!

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