




Arrowhead Senior Nutrition July 2018

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

www.aeo2.org



Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Fisherman's Platter <i>or</i> <i>Alternative</i> Fresh Fruit	Chicken on a Bun Strawberry Shortcake	Happy 4 th of July  Sites Closed	Ham <i>or</i> <i>Alternative</i> Fruit	Parmesan Crusted Chicken Fresh Fruit	FROZEN MEALS ARE AVAILABLE FOR WEEKENDS	
2 Special of the Day	3 Cheesy Cauliflower Soup and Ham Cheese Sandwich <i>or</i> <i>Alternative</i> Fresh Fruit	4 Chicken Pasta Salad Fruit	5 Roast Beef Dinner Strawberry Pie	6 Jimmy Dean Breakfast Scramble Cinnamon Roll		
9 Chicken Strips Fresh Fruit	10 Pork Loin Chop Strawberry Rhubarb Sauce	11 Meatballs/Gravy Fruit	12 Penne Italian Sausage/Peppers Fresh Fruit	13 Hamloaf <i>or</i> <i>Alternative</i> Rhubarb Squares		
16 Chicken Parmesan Fresh Fruit	17 Chef Salad Yogurt	18 Liver/Onions <i>or</i> <i>Alternative</i> Fruit	19 Roast Turkey Fresh Fruit	20 Stuffed Peppers Carrot Cake/Cream Cheese Frosting		
23 Salisbury Steak Fruit	24 Special of the Day	25	26	27		
30	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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