



Arrowhead Senior Nutrition
 JUNE 2019
 www.aeo.org

Hibbing #
 218-262-4784



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
3 Cheesy Califlower Soup & Ham and Cheese Sandwich or Egg Salad Sandwich Fresh Fruit	4 Chicken Pasta Salad Fruit	5 Baked Apple Pancake Juice and Fruit	6 Riblet Cheesy Mashed Potatoes Corn & rice Krispy bar	7 Roast Beef Dinner Cake	FROZEN MEALS ARE	AVAILABLE FOR WEEKENDS
10 Penne with Italian Sausage Fresh Fruit	11 Chicken Strip Dinner Fruit	12 Stuffed Peppers Banana Cake	13 Pork Loin Chop Fresh Fruit	14 Meatballs/Gravy Cooked Fruit Sauce		
17 Chicken-n-Cheese Enchilada Cookie	18 Roast Turkey Dinner Fresh Fruit	19 Hamloaf or Chicken fileet Strawberry Shortcake  Gone Fishing Party	20 Chef Salad Yogurt	21 Chicken Parmesan w/Spaghetti Fresh Fruit		
24 Polish & Sauerkraut Baked beans garlic mashed potatoes & cookie bar	25 Baked Fish or Breaded Chicken Fresh Fruit	26 Bacon Cheeseburger Pasta Hotdish Fruit	27 Salisbury Steak Strawberry Cream Pie	28 Lasagna Fresh Fruit		

- *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!

AEOA is a private, non-profit, non-governmental agency.