




Arrowhead Senior Nutrition

March 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
Meatball Dinner Fresh Fruit	Roast Pork Dinner Snowball Cake	Ham & Cheese Omelet Cinnamon Roll	1 Chili Cookie	2 Chicken Salad Sandwich & Bean Lentil Soup Fruit	FROZEN MEALS ARE AVAILABLE FOR WEEKENDS	
5 Special of the Day	6 Salisbury Steak Fresh Fruit	7 Chicken Broccoli Bake Cookie	8 National Nutrition Month Party  Harvest Stew Fresh Fruit	9 Ham Dinner <i>or</i> <i>Alternative</i> Fruit		
12 Meatloaf Dinner Fruit	13 Goulash Fresh Fruit	14 Boiled Dinner <i>or</i> <i>Alternative</i> Fruit	15 Chicken Chow Mein Fresh Fruit	16 Baked Fish Cake		
19 Special of the Day	20 Sloppy Joe Fresh Fruit	21 Hot Beef Sandwich Apple Brown Betty	22 Chicken Lasagna Fresh Fruit	23 Fish Sandwich on a Bun <i>or</i> <i>Alternative</i> Fruit		
26	27	28	29	30		

- *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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