

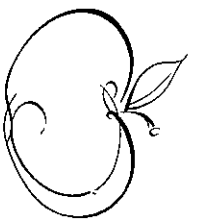


Arrowhead Senior Nutrition

March 2019

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 Cake	Sloppy Joe Fruit	Ham Dinner <i>or</i> <i>Alternate</i> Fresh Fruit	Sausage Gravy & Biscuit <i>or Alternate</i> Ice Cream	Chili Cookie	
4	5	6	7	8	1	
Special of the Day	Salisbury Steak Fresh Fruit	National Nutrition Month Party Fish Sandwich <i>or</i> <i>Alternate</i> Fruit	Chicken-n-Cheese Enchilada Fruit	Roast Turkey Dinner Fresh Fruit		
11	12	13	14	15		
Meatloaf Dinner Fruit	Goulash Fresh Fruit	Boiled Dinner <i>or</i> <i>Alternate</i> Cake	Chicken Chow Mein Fresh Fruit	Split Pea Soup & Chicken Salad Sandwich Fruit		
18	19	20	21	22		
Special of the Day	Mild Buffalo <i>or</i> BBQ Chicken Sandwich <i>or</i> <i>BBQ Alternate</i> Fresh Fruit	Hot Beef Sandwich Apple Crisp	Baked Fish Fruit	Chicken Pasta Salad Fresh Fruit		
25	26	27	28	29		

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!

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