




Arrowhead Senior Nutrition May 2018

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

www.aeo3a.org



Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	Fisherman's Platter <i>or Alternative</i> Fresh Fruit	Chicken on a Bun Fruit	Ham Dinner <i>or Alternative</i> Rhubarb Squares	Parmesan Crusted Chicken Fresh Fruit		
Special of the Day	1 Cheesy Cauliflower Soup/Ham and cheese Sandwich <i>or Alternative</i> Fresh Fruit	2 Chicken Pasta Salad Fruit	3 Roast Beef Diner Strawberry Pie <small>OLDER AMERICAN MONTH ENGAGE AT EVERY AGE! MAY 2018</small>	4 Jimmy Dean Breakfast Scramble Cinnamon Roll		
7 Chicken Strips Fresh Fruit	8 Pork Loin Chop Strawberry Rhubarb Sauce	9 Meatballs/Gravy Fruit	10 Penne Italian Sausage/Peppers Fresh Fruit	11 Hamloaf <i>or Alternative</i> Strawberry Shortcake		
14 Chicken Parmesan Fresh Fruit	15 Chef Salad Bread Stick	16 Liver/Onions <i>or Alternative</i> Fruit	17 Roast Turkey Fresh Fruit	18 Stuffed Peppers Carrot Cake/Cream Cheese Frosting		
21	22 Special of the Day Dessert	23 Lasagna Fruit	24 Sweet & Sour Pork Sweet Potato Pie	25		
28  Memorial Day Sites Closed	29	30	31			

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.
- Meals include vegetable, potato, starch, milk & margarine.

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