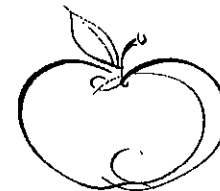




# Arrowhead Senior Nutrition

May 2019

[www.aeo.org](http://www.aeo.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
		1 Chicken Sandwich Seasonal Melon	2 Ham Dinner <i>or alternate</i> Rhubarb Pie <i>hamburger spatty</i>	3 Parmesan Crusted Chicken Fresh Fruit	FROZEN MEALS ARE	AVAILABLE FOR WEEKENDS
6 Special of the Day Vegetables Fruit <i>(BBQ Riblet Tater tots)</i>	7 Cheesy Cauliflower Soup/Ham and Cheese Sandwich <i>or Alternate</i> Fruit <i>Egg Salad Sandwich</i>	8 Chicken Pasta Salad Fresh Fruit	9 Roast Beef Dinner Cake & Ice Cream  Celebrate Older American's Month Party	10 Baked Apple Pancake Juice and Fruit		
13 Chicken Strip Dinner Fresh Fruit	14 Pork Loin Chop Cooked Fruit Sauce	15 Meatballs/Gravy Fruit	16 Penne with Italian Sausage Fresh Fruit	17 Hamloaf <i>or alternate</i> Strawberry Shortcake <i>Breaded fish</i>		
20 Chicken Parmesan w/Spaghetti Fresh Fruit	21 Chef Salad Yogurt	22 Lasagna Fruit	23 Roast Turkey Dinner Fresh Fruit	24 Stuffed Peppers Banana Cake		
27 CLOSED  <b>HOPPY MEMORIAL DAY</b>	28 Special of the Day Vegetables Fruit <i>Polish + Sauerkraut Baked Beans</i>	29 Liver/Onions <i>or alternate</i> Strawberry Cream Pie <i>Brautwurst</i>	30 Bacon Cheeseburger Pasta Hotdish Fruit	31 Baked Fish <i>or alternate</i> Fresh Fruit <i>Breaded chicken</i>		

- *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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