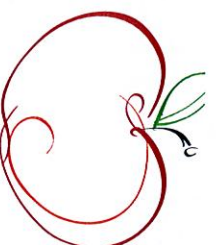




## Arrowhead Senior Nutrition November 2017



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

[www.aeoa.org](http://www.aeoa.org)

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Chili Fruit	Champagne Chicken Slice of Pie	Meatloaf Dinner Fresh Fruit	Ham Dinner or Alternative Fruit	Cream of Broccoli Soup & Egg Salad Sandwich Fresh Fruit		
6 Beef Stroganoff Fresh Fruit	7 Pulled Pork on a Bun Slice of Pie	8 Harvest Party Roast Turkey Dinner Cake with Icing	9 Spinach Egg Bake Cinnamon Roll	10 <b>Gift Card Day</b> Porcupine Meatballs Fresh Fruit		
13 Polish <i>or Alternative</i> Fruit	14 Stew Slice of Pie	15 Special of the Day	16 <b>Happy Thanksgiving Sites closed Frozen Meals Available</b>	17 <b>Gift Card Day</b> Cabbage Rolls Fresh Fruit		
20 Swiss Steak Fresh Fruit	21 Spaghetti Slice of Pie	22 Special of the Day	23 Boiled Dinner <i>or Alternative</i>	24 <b>Gift Card Day</b>		
27	28	29	30			

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. Thank you for your patronage!
- Ground turkey may be substituted for some entrees, typically made with ground beef. Check with your local kitchen if you have any questions.
- 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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non-profit,  
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