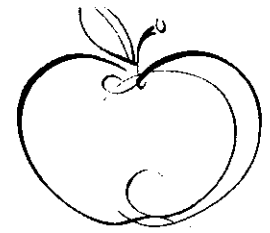




Arrowhead Senior Nutrition
November 2018



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

www.aeo.org

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
			Baked Fish Fruit 1	Chicken Noodle Soup & Egg Salad Sandwich Fresh Fruit 2	FROZEN MEALS ARE AVAILABLE FOR WEEKENDS	
Chili Fruit 5	Champagne Chicken Fruit 6	Meatloaf Dinner Fresh Fruit 7	Ham Dinner or Alternate Sour Cream Raisin Pie 8	Special of the Day - Check with your local kitchen 9		
Beef Stroganoff Fresh Fruit 12	Pulled Pork on a Bun Fruit 13	Harvest Dinner Roast Turkey Dinner Pumpkin Pie 14	Hash Brown Egg Bake Cinnamon Roll 15	Porcupine Meatballs Fresh Fruit 16		
Teriyaki Burger/Bun Fruit 19	Stew Fresh Fruit 20	Pork Loin Pumpkin Bar/Cream Cheese Frosting 21	Happy Thanksgiving Sites closed Frozen Meals Available 22	Cabbage Rolls Fresh Fruit 23		
Swiss Steak Fresh Fruit 26	Special of the Day - Check with your local kitchen 27	Spaghetti Fruit 28	Boiled Dinner or Alternate Jello Poke Cake 29	Roast Beef Ice Cream 30		

- Alternate 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.

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