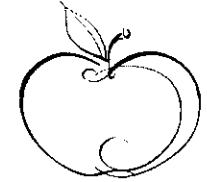




Arrowhead Senior Nutrition October 2018



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

www.aeoa.org

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Spaghetti Fresh Fruit 1	Boiled Dinner <i>or</i> <i>Alternate</i> Fruit 2	Chicken Noodle Soup Egg Salad Sandwich Fresh Fruit 3	Pork Loin Pumpkin Bar/Cream Cheese Frosting 4	Baked Fish Fruit 5	FROZEN MEALS ARE AVAILABLE FOR WEEKENDS	
- Special of the Day – Check with your local kitchen 8	Meatloaf Dinner Fresh Fruit 9	Chili Fruit 10	Champagne Chicken Fresh Fruit 11	Ham Dinner <i>or</i> <i>Alternate</i> Sour Cream Raisin Pie 12		
Pulled Pork on a Bun Fresh Fruit 15	Hash Brown Egg Bake Cinnamon Roll 16	Porcupine Meatballs Fruit 17	Roast Turkey Fresh Fruit 18	Beef Stroganoff Fruit 19		
Teriyaki Burger/Bun Fresh Fruit 22	-Special of the Day – Check with your local kitchen 23	Stew Jello Poke Cake 24	Cabbage Roll Fresh Fruit 25	Roast Beef Ice Cream 26		
-Special of the Day – Check with your local kitchen 29	Chicken Parmesan Fresh Fruit 30	Happy Halloween Swiss Steak Decorated Cake with Ice Cream 31				

- 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.
- Check with your local kitchen if you have any questions. Menus are subject to change without notice.

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

Thank you for your patronage.