



Arrowhead Senior Nutrition September 2017

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
Labor Day Sites Closed Frozen Meals Available 4 Chili Fresh Fruit	Spaghetti Slice of Pie 5 Champagne Chicken Slice of Pie	Labor Day Party Roast Pork Loin Cake with Icing 6 Meatloaf Dinner Fresh Fruit	Hash Brown Casserole Fruit 7 Ham Dinner or <i>Alternative</i> Fruit	Boiled Dinner or <i>Alternative</i> Fresh Fruit 1 Gift Card Day Cream of Broccoli Soup & Egg Salad Sandwich Fresh Fruit 8 Gift Card Day	FROZEN MEALS ARE AVAILABLE FOR WEEKENDS	
11 Beef Stroganoff Fresh Fruit	12 Pulled Pork on a Bun Slice of Pie	13 Roast Turkey Dinner Fresh Fruit	14 Spinach Egg Bake Cinnamon Roll	Special of the Day 15 Gift Card Day Porcupine Meatballs Fruit		
18 Polish or <i>Alternative</i> Fruit	19 Stew Slice of Pie	20 Special of the Day	21 Roast Beef Dinner Fruit	22 Gift Card Day Cabbage Roll Dinner Fresh Fruit		
25	26	27	28	29 Gift Card Day		

- *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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