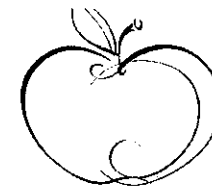




Arrowhead Senior Nutrition
September 2018



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
Labor Day Sites Closed Frozen Meals Available 3	Spaghetti Fresh Fruit 4	Autumn Leaves Party Roast Pork Loin Pumpkin Bar/Cream Cheese Frosting 5	Baked Fish Fruit 6	Chicken Noodle Soup & Egg Salad Sandwich Fresh Fruit 7	FROZEN MEALS ARE	AVAILABLE FOR WEEKENDS
Chili Fresh Fruit 10	Champagne Chicken Fruit 11	Meatloaf Dinner Fresh Fruit 12	Ham Dinner or <i>Alternative</i> Sour Cream Raisin Pie 13	Special of the Day 14		
Beef Stroganoff Fresh Fruit 17	Pulled Pork on a Bun Favorite Bar 18	Roast Turkey Dinner Fresh Fruit 19	Hash Brown Egg Bake Cinnamon Roll 20	Porcupine Meatballs Fruit 21		
Teriyaki Hamburger on a Bun Fresh Fruit 24	Stew Jello Poke Cake 25	Roast Beef Dinner Ice Cream 26	Special of the Day 27	Cabbage Roll Dinner Fresh Fruit 28		

- 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.
- 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.

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

Thank you for your patronage!