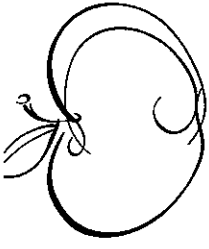




Arrowhead Senior Nutrition July 2017



www.aeoa.org

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

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
Ham & Cheese Sandwich Chicken Noodle Soup <i>or Alternative</i> Fresh Fruit 3	Happy 4 th of July Sites Closed Frozen Meals Available 4	Special of the Day 5	Chicken Pasta Salad Fresh Fruit 6	Roast Beef Dinner Danish Ribbon Cake 7	FROZEN MEALS ARE AVAILABLE FOR WEEKENDS	
Chicken Strips Fresh Fruit 10	Pork Loin Fruit 11	Creamed Chicken/Biscuit Fresh Fruit 12	Meatballs/Gravy Mandarin Orange Cake 13	Sweet & Sour Pork Fruit 14		
Chicken Parmesan Fruit 17	Chicken Chef Salad <i>or Alternative</i> Fruit 18	Salisbury Steak Glazed Poppy Seed Cake 19	Roast Turkey Fresh Fruit 20	Hamloaf <i>or Alternative</i> Strawberry Rhubarb Sauce 21		
Ham Dinner <i>or Alternative</i> Fresh Fruit 24	Lasagna Fruit 25	Special of the Day 26	Stuffed Baked Potato Rice Krispie Bar 27	Parmesan Crusted Chicken Fresh Fruit 28		
Penne Italian Sausage/Peppers <i>or Alternative</i> Fresh Fruit 30						

- *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.
- Thank you for your patronage!

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