

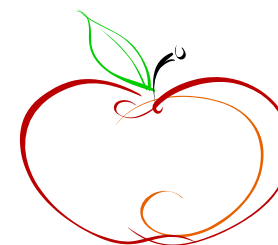




# Arrowhead Senior Nutrition

January 2025

[www.aeoa.org](http://www.aeoa.org)

Virginia Office: 1-800-662-5711, ext. 6899 or (218) 735-6899



Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>Happy New Years!!</i> <i>Sites Closed</i> 	2 Fish Dinner Peas and Carrots Herbed Rice Strawberry Shortcake	3 Chicken Rotini Broccoli Mandarin Oranges Mini Ice Cream Sandwich
6 Egg Salad Sandwich Fresh Sliced Cucumbers Honeycrisp Apple Sugar Cookie	7 <b>New Year Party</b>  Boiled Dinner * Green Beans Red Jell-O & Fruit	8 Swiss Steak Mashed Potatoes & Gravy Broccoli Normandy Gingersnap Cookie	9 Chicken and Dumplings Cooked Beets Lime Jell-O	10 Meatloaf Dinner Baked Potato Peas Brownie
13 Pulled Chicken Sandwich French Fries Green Salad & Dressing Mini Ice Cream Sandwich	14 Sausage and Pepper Rotini Seasoned Zucchini Sugar Cookie	15 Chicken Dinner Au Gratin Potatoes Broccoli Rice Krispie Treat	16 Hamburger Gravy Over Mashed Potatoes Green Beans Red Jell-O Poke Cake	17 Chef Salad * Orange Slices Chocolate Pudding
20 Stuffed Baked Potato * (Ham, Cheese, Broccoli) Gingersnap Cookie	21 Glazed Pork Loin Herbed Rice Peas Applesauce Brownie	22 Turkey Dinner Mashed Potatoes & Gravy Green Beans Red Jell-O	23 Shepherd's Pie Broccoli Normandy Chocolate Chip Cookie	24 Cook's Choice  Contact a Kitchen Near You!
27 Tuna Noodle Casserole Peas Mandarin Oranges Sugar Cookie	28 Lasagna Broccoli Warm Cinnamon Apples	29 Bruschetta Chicken Green Beans Cooked Beets Chocolate Pudding	30 Baked Ham * Peas and Carrots Au Gratin Potatoes Scotcheroo Bar	31 Turkey Noodle Soup Fresh Sliced Cucumbers Brownie

- **Alternate** entrees are available on days indicated with \* Please call in your request 24 hours in advance.
- Frozen Meals are available for weekends.
- Registered customers are offered the meal service for a \$4.50 contribution; customers under age 60 are charged \$9.00.
- 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.**