

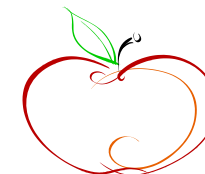


Arrowhead Senior Nutrition

October 2024

www.aeoa.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Lemon Pepper Tilapia Vegetable Normandy Herbed Brown Rice Fresh Orange Slices Brownie	2 Baked Chicken Dinner Mashed Potatoes & Gravy Green Beans Rice Krispie Treat	3 Stuffed Baked Potato* (Ham, Cheese, Broccoli) Chocolate Chip Cookie	4 Chili Con Carne Tossed Salad & Dressing Cornbread Jell-O & Whipped Cream
7 Deli Sandwich* Fresh Apple Sugar Cookie	8 BBQ Chicken Dinner Butter & Parsley Potatoes Seasoned Broccoli Chocolate Pudding & Whipped Cream	9 Hamburger Gravy Mashed Potatoes Tossed Salad & Dressing Frosted Lemon Cake	10 Sweet & Sour Pork & Rice Vegetable Normandy Fresh Banana Sugar Cookie	11 Meatloaf Dinner Baked Potato Seasoned Green Beans Fresh Orange Slices
14 California Burger French Fries Gingersnap Cookie	15 BBQ Pork Riblet Butter and Parsley Potatoes Dill Carrots Scotcheroo Bar	16 Fish Dinner Baked Beans Fresh Apple Jell-O & Whipped Cream	17 Turkey Dinner Mashed Potatoes & Gravy Green Beans Pumpkin Bar	18 Special of the Day ~Call the site nearest you~
21 Chicken Strip Dinner Tater Tots Fresh Cantaloupe Cakemix Cookie	22 Lasagna Dinner Vegetable Normandy Frosted Cake	23 Hot Pork Sandwich Seasoned Peas Fresh Banana Sugar Cookie	24 Chicken Tetrizzini Peas & Carrots Apple Cherry Juice Rice Krispie Treat	25 Spaghetti & Meatballs Seasoned Green Beans Jell-O & Whipped Cream
28 Chicken Sandwich Fresh Orange Slices Chocolate Pudding & Whipped Cream	29 Tater Tot Hotdish Tossed Salad & Dressing Scotcheroo Bar	30 Salisbury Steak Dinner Mashed Potatoes & Gravy Green Beans Jello-O & Whipped Cream	31 Halloween Party Ham Dinner* Butter & Parsley Potatoes Seasoned Carrots Fresh Banana	<p>AEOA is a private, non-profit, non-governmental agency.</p>

- * **Alternate** entrees are available on days indicated. 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. If you have any questions, please check with the office or your local dining site.
- Thank you for your patronage!

The Arrowhead Senior Nutrition Program is sponsored by AEOA and is funded under a contract with the Arrowhead Regional Development Commission as part of the Older American's Act