

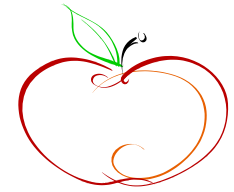



Arrowhead Senior Nutrition

November 2024

www.aeoa.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Polish on a Bun* Tossed Salad & Dressing Fresh Cantaloupe Gingersnap Cookie
4 BBQ Sloppy Joe French Fries Apple-Cherry Juice Chocolate Cakemix Cookie	5 Lemon Pepper Tilapia Vegetable Normandy Herbed Brown Rice Fresh Orange Slices Brownie	6 Baked Chicken Dinner Mashed Potatoes & Gravy Green Beans Rice Krispie Treat	7 Stuffed Baked Potato* (Ham, Cheese, Broccoli) Chocolate Chip Cookie	8 Chili Con Carne Tossed Salad & Dressing Cornbread Jell-O & Whipped Cream
11 Deli Sandwich* Fresh Apple Sugar Cookie	12 BBQ Chicken Dinner Butter & Parsley Potatoes Seasoned Broccoli Chocolate Pudding & Whipped Cream	13 Hamburger Gravy Mashed Potatoes Tossed Salad & Dressing Frosted Lemon Cake	14 Sweet & Sour Pork & Rice Vegetable Normandy Fresh Banana Sugar Cookie	15 Meatloaf Dinner Baked Potato Seasoned Green Beans Fresh Orange Slices
18 California Burger French Fries Gingersnap Cookie	19 BBQ Pork Riblet Butter & Parsley Potatoes Dill Carrots Scotcheroo Bar	20 Fish Dinner Baked Beans Fresh Apple Jell-O & Whipped Cream	21 Thanksgiving Dinner  Turkey Dinner Mashed Potatoes & Gravy Green Beans Pumpkin Bar	22 Special of the Day ~Call the site nearest you~
25 Chicken Strip Dinner Tater Tots Fresh Cantaloupe Cakemix Cookie	26 Lasagna Dinner Vegetable Normandy Frosted Cake	27 Hot Pork Sandwich Seasoned Peas Fresh Banana Sugar Cookie	28 Thanksgiving Day Kitchen Closed	29 Kitchen Closed <div style="border: 1px solid black; padding: 5px; text-align: center;">AEOA is a private, non-profit, non-governmental agency.</div>

- **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!