



Arrowhead Senior Nutrition

December 2024

www.aeoa.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Sandwich Fresh Orange Slices Chocolate Pudding & Whipped Cream	3 Tater Tot Hotdish Tossed Salad & Dressing Scotcheroo Bar	4 Salisbury Steak Mashed Potatoes & Gravy Green Beans Jell-O & Whipped Cream	5 Ham Dinner * Butter & Parsley Potatoes Seasoned Carrots Fresh Banana	6 Polish on a Bun* Tossed Salad & Dressing Fresh Cantaloupe Gingersnap Cookie
9 BBQ Sloppy Joe French Fries Apple-Cherry Juice Chocolate Cakemix Cookie	10 Lemon Pepper Tilapia Vegetable Normandy Herbed Brown Rice Fresh Orange Slices Brownie	11 Baked Chicken Dinner Mashed Potatoes & Gravy Green Beans Rice Krispie Treat	12 Stuffed Baked Potato* (Ham, Cheese, Broccoli) Chocolate Chip Cookie	13 Chili Con Carne Tossed Salad & Dressing Cornbread Jell-O & Whipped Cream
16 Deli Sandwich * Fresh Apple Sugar Cookie	17 BBQ Chicken Dinner Butter & Parsley Potatoes Seasoned Broccoli Chocolate Pudding & Whipped Cream	18 Hamburger Gravy Mashed Potatoes Tossed Salad & Dressing Frosted Lemon Cake	19 Sweet & Sour Pork & Rice Vegetable Normandy Fresh Banana Sugar Cookie	20 Meatloaf Dinner Baked Potato Seasoned Green Beans Fresh Orange Slices
23 Christmas Party California Burger French Fries Gingersnap Cookie 	24 Christmas Eve Kitchen Closed	25 Christmas Day Kitchen Closed	26 Turkey Dinner Mashed Potatoes & Gravy Green Beans Pumpkin Bar	27 Special of the Day ~Call the site nearest you~
30 Chicken Strip Dinner Tater Tots Fresh Cantaloupe Cakemix Cookie	31 Lasagna Dinner Vegetable Normandy Frosted Cake			AEOA is a private, non-profit, non-governmental agency.

- **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!