

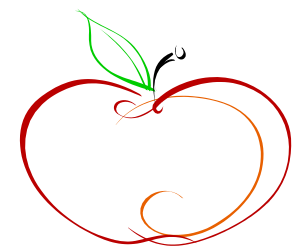


**Arrowhead Senior Nutrition**

**February 2025**

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

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



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 Hamwich* Tomato Soup Green Salad & Dressing Chocolate Chip Cookie	4 Creamy Chicken Hotdish Glazed Carrots Orange Slices Red Jell-O Poke Cake	5 Soft Shell Tacos Seasoned Black Beans Apple Slices	6 Fish Dinner Peas and Carrots Herbed Rice Strawberry Shortcake	7 Chicken Rotini Broccoli Mandarin Oranges Mini Ice Cream Sandwich
10 Egg Salad Sandwich Fresh Sliced Cucumbers Honeycrisp Apple Sugar Cookie	11 Boiled Dinner* Green Beans Red Jell-O & Fruit	12 Swiss Steak Mashed Potatoes & Gravy Beets Gingersnap Cookie	13 Chicken and Dumplings Broccoli Normandy Lime Jell-O	14 <b>Valentine's Day Party</b> <b>Meatloaf Dinner</b> <b>Baked Potato</b> <b>Peas</b> <b>Brownie</b>
17 Pulled Chicken Sandwich French Fries Green Salad & Dressing Mini Ice Cream Sandwich	18 Sausage and Pepper Rotini Seasoned Zucchini Sugar Cookie	19 Chicken Dinner Au Gratin Potatoes Broccoli Rice Krispie Treat	20 Hamburger Gravy Over Mashed Potatoes Green Beans Red Jell-O Poke Cake	21 Chef Salad* Orange Slices Chocolate Pudding
24 Stuffed Baked Potato* (Ham, Cheese, Broccoli) Gingersnap Cookie	25 Glazed Pork Loin Herbed Rice Peas Applesauce Brownie	26 Turkey Dinner Mashed Potatoes & Gravy Green Beans Red Jell-O	27 Shepherd's Pie Broccoli Normandy Chocolate Chip Cookie	28 Cook's Choice Contact a Kitchen Near You!

- *Alternate* entrees are available on days indicated with a \*. 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.**