

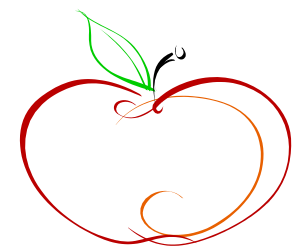


Arrowhead Senior Nutrition

March 2025

www.aeoa.org

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



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

- **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.