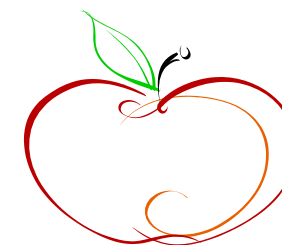




Arrowhead Senior Nutrition

June 2024

www.aeo.org



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Apple Pancake Sausage Hashbrowns Fruit Juice Pudding	4 Beef Taco on Tortilla Corn Brownie	5 Baked Ham Dinner* Brussels Sprouts Sweet Potato Cinnamon Apple Jell-O	6 Meatballs & Gravy Mashed Potatoes Peas & Carrots Cookie	7 Special of the Day ~Call the site nearest you~
10 Cheeseburger on a Bun Broccoli Potato Wedges Jell-O	11 Cheddar Omelet Sausage Fruit Fruit Juice Muffin	12 Fish Dinner Green Beans Peaches Cottage Cheese	13 Fun in the Sun Party Roast Pork Dinner Peas & Carrots 🌞 Baked Potato Pudding	14 Broccoli Cheese Soup & Egg Salad Sandwich Fruit Sugar Cookie
17 Crispy Chicken Wrap Fruit Cookie	18 Hashbrown Egg Bake Fruit Cinnamon Roll	19 Lasagna Dinner Tossed Salad Breadstick Jell-O	20 Hungarian Pork Steak Scandinavian Blend Vegetables Baked Potato Chocolate Chip Cookie	21 Chef Salad Breadstick Cookie
24 Spaghetti & Meatballs Salad Breadstick Jell-O	25 Chicken Dinner Green Beans Mashed Potatoes Pudding	26 Chili Con Carne Coleslaw Sweet Potato Corn bread Cookie	27 Boiled Dinner* Fruit Pudding	28 Polish on a Bun* Cucumber & Tomato Salad Potato Wedges Brownie

* *Alternate entrees are available on the days indicated. Please call us with your request 24 hours in advance.*

Frozen Meals are available for the 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.

AEOA is a private, non-profit, non-governmental agency.

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 Program and from county appropriations.