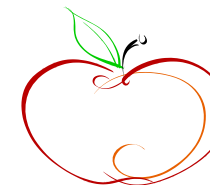




Arrowhead Senior Nutrition

July 2024

www.aeoa.org

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



Monday	Tuesday	Wednesday	Thursday	Friday
1 Burger on a Bun Lettuce & Tomato French Fries Chocolate Pudding & Topping	2 Fish Taco Cabbage Blend Bean & Pea Salad Mandarin Orange	3 Chicken Dinner Cheddar Mashed Potatoes Green Beans Sugar Cookie	4 4 th of July Sites Closed  Frozen Meals Available	5 Sites Closed Frozen Meals Available
7 BBQ Sloppy Joe on a Bun Coleslaw Green Beans Sugar Cookie	8 Chicken Broccoli Bake Applesauce Red Jell-O & Topping	9 Lasagna Tossed Salad Brownie	10 Old Fashioned Ham Balls* Mashed Potatoes Brussels Sprout Chocolate Pudding & Topping	11 Chicken Pasta Salad Honeycrisp Apple Yogurt
15 Chicken Ranch Wrap Cucumber Tomato Salad Orange Craisins	16 Egg Salad Sandwich Bean & Pea Salad Chocolate Pudding & Topping	17 Pork Loin Dinner* Mashed Potatoes & Gravy Vegetable Normandy Frosted Cake	18 Chicken Enchilada Mandarin Oranges Tossed Salad Brownie	19 Special of the Day ~Call the site nearest you~
22 Deli Sandwich* Honeycrisp Apple Sugar Cookie	23 Chef Salad Orange Craisins Chocolate Pudding & Topping Muffin	24 Chicken Pasta Dinner Seasoned Broccoli Jell-O & Topping	26 Taco Soup Tossed Salad Mandarin Oranges Brownie	27 Hot Beef Sandwich Tomato Cucumber Salad Apple/Cherry Juice Chocolate Chip Cookie
29 Fish Sandwich Orange Craisins Ginger Snap Cookie	30 Salisbury Steak Dinner Au Gratin Potatoes Carrots Honeycrisp Apple	31  Party	Porketta Sandwich French Fries Vegetable Normandy Rice Krispie Bar	<div style="border: 2px solid black; padding: 5px; text-align: center;">AEOA is a private, non-profit, non-governmental agency.</div>

* **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. 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.