

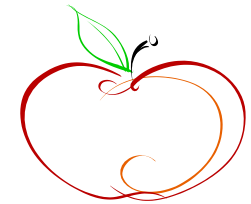



# Arrowhead Senior Nutrition

August 2024

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

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



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Swedish Meatballs Mashed Potatoes Bean & Pea Salad Frosted Cake	2 Chicken Chow Mein Over Rice Green Beans Jell-O & Topping
5 Burger on a Bun Lettuce & Tomato French Fries Chocolate Pudding & Topping	6 Fish Taco Cabbage Blend Bean & Pea Salad Mandarin Orange	7 Chicken Dinner Cheddar Mashed Potatoes Green Beans Sugar Cookie	8 Polish on a Bun* Sauerkraut Vegetable Normandy Jell-O Poke Cake	9 Chili Con Carne Tossed Salad Ginger Snap Cookie Muffin
12 BBQ Sloppy Joe on a Bun Coleslaw Green Beans Sugar Cookie	13 Chicken Broccoli Bake Applesauce Jell-O & Topping	14 <b>Make a Friend Party</b>  Lasagna Tossed Salad Brownie	15 Old Fashioned Ham Balls* Mashed Potatoes Brussel Sprouts Chocolate Pudding & Topping	16 Chicken Pasta Salad Honeycrisp Apple Yogurt
19 Chicken Ranch Wrap Cucumber Tomato Salad Orange Craisins	20 Egg Salad Sandwich Bean & Pea Salad Chocolate Pudding & Topping	21 Pork Loin Dinner* Mashed Potatoes & Gravy Vegetable Normandy Frosted Cake	22 Chicken Enchilada Mandarin Oranges Tossed Salad Brownie	23 <b>Special of the Day</b> <b>~Call the site nearest you~</b>
26 Deli Sandwich* Honeycrisp Apple Sugar Cookie	27 Chef Salad Orange Craisins Muffin Chocolate Pudding & Topping	28 Chicken Pasta Dinner Seasoned Broccoli Jell-O & Topping	29 Taco Soup Tossed Salad Mandarin Oranges Brownie	30 Hot Beef Sandwich Tomato Cucumber Salad Apple/Cherry Juice Chocolate Chip Cookie

*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 without notice. If you have any questions, please check with the offices noted above or your local dining site. Thank you for your patronage!*

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.

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