

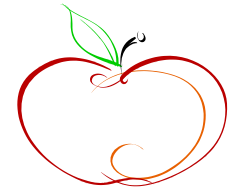




# Arrowhead Senior Nutrition

September 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
2 Fish Sandwich Orange Craisins Ginger Snap Cookie	3 Salisbury Steak Dinner Au Gratin Potatoes Carrots Honeycrisp Apple	4 Porketta Sandwich* French Fries Vegetable Normandy Rice Krispie Bar	5 Swedish Meatballs Mashed Potatoes Bean & Pea Salad Frosted Cake	6 Chicken Chow Mein Over Rice Green Beans Jell-O & Topping
9 Burger on a Bun Lettuce & Tomato French Fries Chocolate Pudding & Topping	10 Fish Taco Cabbage Blend Bean & Pea Salad Mandarin Orange	11 <i>End of Summer Party</i> Chicken Dinner Cheddar Mashed Potatoes Green Beans Sugar Cookie 	12 Polish on a Bun* Sauerkraut Vegetable Normandy Jell-O Poke Cake	13 Chili Con Carne Tossed Salad Ginger Snap Cookie Muffin
16 BBQ Sloppy Joe on a Bun Coleslaw Green Beans Sugar Cookie	17 Chicken Broccoli Bake Applesauce Red Jell-O & Topping	18 Lasagna Tossed Salad Brownie	19 Ham Balls* Mashed Potatoes Brussel Sprouts Chocolate Pudding & Topping	20 Chicken Pasta Salad Honeycrisp Apple Yogurt
23 Chicken Ranch Wrap Cucumber Tomato Salad Orange Craisins	24 Egg Salad Sandwich Bean & Pea Salad Chocolate Pudding & Topping	25 Pork Loin Dinner* Mashed Potatoes & Gravy Vegetable Normandy Frosted Cake	26 Chicken Enchilada Mandarin Oranges Tossed Salad Brownie	27 <i>Special of the Day</i> <b>~Call the site nearest you~</b>
30 Deli Sandwich* Honeycrisp Apple Sugar Cookie				<p><b>AEOA is a private, non-profit, non-governmental agency.</b></p>

*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!*