



EVERGREEN SENIOR CENTER

5830 Grand Ave, Duluth, MN 55807

SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <i>Pork loin roast, mashed potato/gravy, and pumpkin bars</i>	2 <i>Baked fish, pea & cheese salad, and fruit-ed Jell-O w/ topping</i> 9am: Bone Builders	3 <i>Green pepper soup w/ grilled cheese sandwich, juice, and cookie</i> 10am: Evergreen Board Meeting 12:15pm: 500 Cards	4
5	6 LABOR DAY	7 <i>Sausage egg bake, and hot cinnamon apples</i> 9am: Bone Builders 12:15pm: 500 Cards	8 <i>Ham dinner or chicken patty, colcannon potatoes, Mexicali corn, and tiramisu cake</i>	9 <i>Meatloaf dinner, mashed potato w/ gravy, carrot coin salad, pudding w/ topping</i> 9am: Bone Builders	10 <i>Creamed chicken with biscuit, green beans, fresh fruit</i> 12:15pm: 500 Cards	11
12	13 <i>Tater tot hotdish, juice and fruit</i> 10am: Dominoes 12pm: Hand & Foot	14 <i>Roast turkey dinner, mashed potato/gravy, and cake/icing</i> 9am: Bone Builders 12:15pm: 500 Cards	15 <i>Sloppy joe w/ bun, coleslaw, potato chunks, whipped Jell-O</i>	16 <i>Egg & sausage muffin sandwich, hash browns, juice, and yogurt</i> 9am: Bone Builders	17 <i>Chicken noodle soup w/ egg salad sandwich, juice and fruit</i> 12:15pm: 500 Cards	18
19	20 <i>California chicken casserole, pudding w/ topping</i> 10am: Dominoes 12pm: Hand & Foot	21 <i>Stew, fresh roll, juice, and fruit</i> 9am: Bone Builders 12:15pm: 500 Cards	22 <i>Brown bag lunch cold meal</i>	23 <i>Roast beef dinner, mashed potato/gravy, and frosted cake</i> 9am: Bone Builders	24 <i>Goulash, green beans, and fruit</i> 12:15pm: 500 Cards	25
26	27 <i>Polish w/sauerkraut, mashed potato, and fruit</i> 10am: Dominoes 12pm: Hand & Foot	28 <i>Sweet and sour chicken/ rice, green beans, and applesauce Jell-O</i> 9am: Bone Builders 12:15pm: 500 Cards	29 <i>Chili, ambrosia salad, fresh roll, and ice cream</i>	30 <i>Chicken strips, duchess potatoes, garlic biscuit, Jell-O poke cake</i> 9am: Bone Builders		

Meals are provided by the Arrowhead Economic Opportunity Agency.

Alternative entrees are available on days indicated. Please call in your request 24 hours in advance. Registered customers are offered the meal service for a \$4.00 contribution; customers under 60 are charged \$7.50.

Menus are subject to change without notice. Frozen meals are available on weekends.

Sign up by calling
218-727-4321
or
218-727-6448

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To view up to date information on 55+ programs, please visit:
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