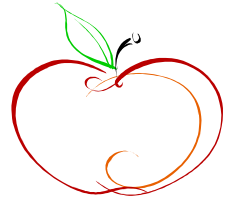




Arrowhead Senior Nutrition

January 2022

www.aeoa.org



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

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
3 Mild Buffalo or BBQ Chicken Sandwich Fruit	4 Hashbrown Egg Bake Cinnamon Roll Juice	5 Chicken Pasta Salad Strawberry Pear Gelatin	6 Hot Beef Sandwich Fresh Fruit	7 Special of the Day ~Call the kitchen nearest you~	FROZEN MEALS ARE	AVAILABLE FOR WEEKENDS
10 Chicken Hashbrown Casserole Fresh Fruit	11 Glazed Ham Balls <i>or</i> <i>Alternate</i> Pudding w/topping	12 Special of the Day ~Call the kitchen nearest you~	13 Welcome 2022 Party Roast Pork Dinner Frosted Cake 	14 Ham and Bean Soup & Chicken Salad Sandwich Molasses Cookie		
17 Chicken-n-Cheese Enchilada Fruit	18 Harvest Stew Cookie	19 Roast Turkey Dinner 7 Up Cake	20 Fish Sandwich on a Bun <i>or Alternate</i> Fruited Jello	21 Salisbury Steak Fresh Fruit		
24 Chicken Cacciatore Fresh Fruit	25 Boiled Dinner <i>or</i> <i>Alternate</i> Bread Pudding	26 Meatloaf Dinner Pudding w/topping	27 Special of the Day ~Call the kitchen nearest you~	28 Favorite Italian Pasta Fruit		
31 Baked Fish Ice Cream Cup						

- *Alternate* 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 age 60 are charged \$8.00.
- 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!

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non-profit,
non-governmental
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