



Arrowhead Senior Nutrition

February 2022

www.aeoa.org



DULUTH CENTRAL KITCHEN 218-727-4321/218-727-6448

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	1 Shepard Pie	2 Sweet and Sour Pork Rice	3 Swedish Meatballs Mashed Potatoes	4 Pasty California Blend Veggies		
7 Mild Buffalo or Plain Chicken Sandwich	8 Hashbrown Egg Bake Cinnamon Roll Juice	9 Chicken Pasta Salad	10 Roast Beef Dinner	11 Boiled Dinner		
14 Chicken Hashbrown Casserole	15 Glazed Ham Balls <i>or</i> <i>Chicken Patty</i>	16 Hot Breakfast Sandwich/Sausage, Egg and Cheese On English Muffin	17 Roast Pork Dinner	18 Ham and Bean Soup & Chicken Salad Sandwich		
21 Chicken-n-Cheese Enchilada	22 Harvest Stew Fresh roll	23 Roast Turkey Dinner	24 Fish Sandwich on a Bun <i>or Chicken Patty</i>	25 Salisbury Steak		
28 Chicken Cacciatore						

- *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 age 60 are charged \$8.50.
- **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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