Arrowhead Senior Nutrition
March 2022
www.aeoa.org

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

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	1 Boiled Dinner ***or CHICKEN PATTY***	2 Meatloaf Dinner Baked Potato	3 BREAKFAST SANDWICH CINNAMON ROLL	4 SPAGHETTI/ MEATSAUCE		
7 Baked Fish	8 Shepard Pie	9 Sweet and Sour Pork Rice	10 Swedish Meatballs Mashed Potatoes w/Gravy	11 Pasty California Blend Veggies		
14 Mild Buffalo or Chicken Sandwich	15 Hashbrown Egg Bake Cinnamon Roll Juice	16 Chicken Pasta Salad	17 Hot Beef Sandwich Fresh Fruit	18 Chicken Hashbrown Casserole		
21 CHILI BREADSTICK	22 Glazed Ham Balls ***or CHICKEN PATTY***	23 BBQ RIBLET ON BUN	24 Roast Pork Dinner	25 Ham and Bean Soup & Chicken Salad Sandwich		
28 Chicken-n-Cheese Enchilada	29 Harvest Stew	30 Roast Turkey Dinner 7 Up Cake	31 Fish Sandwich on a Bun ***or CHICKEN PATTY***			

- ***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 $8.00.*
- *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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