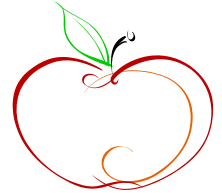




Arrowhead Senior Nutrition

April 2022

www.aeoa.org



A.E.O.A Central Kitchen 218-727-4321 or 218-727-6448

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
				1 Salisbury Steak Dinner	FROZEN MEALS ARE	AVAILABLE FOR WEEKENDS
4 Chicken Cacciatore	5 Boiled Dinner <i>or</i> <i>Chicken patty</i>	6 Meatloaf Dinner	7 Chicken Alfredo	8 Goulash		
11 Baked Fish or Chicken patty	12 Shepard Pie	13 Sweet and Sour Pork	14 Swedish Meatballs Mashed Potatoes w/Gravy	15 Mild Buffalo or Plain Chicken Sandwich		
18 Pasty California Blend	19 Hashbrown Egg Bake Cinnamon Roll Juice	20 Chicken Pasta Salad	21 Hot Beef Dinner	22 Vegetable beef soup Ham and Cheese sandwich		
25 Chicken Hashbrown Casserole	26 Glazed Ham Balls/ Chicken Patty	27 Sloppy Joes'	28 Roast Pork Dinner	29 Ham and Bean Soup & Chicken Salad Sandwich		

- **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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non-profit,
non-governmental
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