

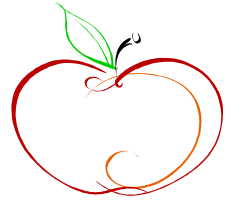


# AEOA On Site and Satellite Sites Senior Nutrition Menus

November 2020

[www.aeoa.org](http://www.aeoa.org)

All menu items are prepared with no added salt. Alternate entrees available.



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

	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
2 Grilled Cheese Sandwich Stuffed Green Pepper Soup Fresh Fruit	3 Chicken Alfredo Fruit	4 Meatloaf Dinner Fresh Fruit	5 Baked Ham <b>or</b> <b>Alternate</b> Tiramisu Cake	6 Special of the Day <i>Call the site nearest you</i>	FROZEN MEALS ARE	AVAILABLE FOR WEEKENDS
9 Tator Tot Hotdish Fresh Fruit	10 Roast Beef Fruit Cobbler	11 Sloppy Joe/Bun Fresh Fruit	12 Eggs and Sausage <b>or</b> <b>Alternate</b> Frosted Cinnamon Roll	13 Porcupine Meatballs Fruit		
16 California Chicken Casserole Fresh Fruit	17 Stew Fresh roll Fruit	18 Special of the Day <i>Call the site nearest you</i>	19 Thanksgiving Dinner Turkey & trimmings Pumpkin Pie/Tpg	20 Egg Salad Sandwich Vegetable Soup		
23 Taco Lasagna Fruit	24 Sweet & Sour Chicken Fresh Fruit	25 Chili w/ Toppings Fresh Roll Ice Cream	26 Happy Thanksgiving Site Closed Frozen Meals available	27 Happy Thanksgiving Sites Closed Frozen Meals available		
30 Spaghetti Fruit						

- **\*Alternate entrees are available every day.** 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 \$7.50.
- Menus are subject to change without notice. If you have any questions, please check with your local dining site. Thank you for your patronage!

AEOA is a private,  
non-profit,  
non-governmental  
agency.