



Arctic Rose Meal Program

This program provides fresh daily meals to anyone 60+ years old for pickup or delivery. Individuals must call (907)770-2044 to verify delivery eligibility.

Program Details:

- Call (907)770-2044 Monday-Friday between 9 AM-2 PM for ordering
- Order 24 hours in advance, Name and Birthdate required
- Meals are available for pickup in the Arctic Rose Restaurant between 10AM-2PM
- Meals are subject to availability and are subject to change
- Donations are greatly appreciated. However, meals are free for seniors 60 and older
- All meals are prepared per USDA guidelines and reviewed by a registered dietician

***MAY CONTAIN PORK**

May 2024 Menu

***VEGETARIAN**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tomato Basil Pasta, Broccoli and Salad	2 Dill Salmon, Rice Pilaf, Peas & Carrots, and Fruit	3 Chicken Enchiladas, Spanish Rice, Refried Beans, and Salad
6 Grilled Chicken Caesar Salad with Croutons	7 Cheese Ravioli with Marinara Sauce, Broccoli, and Fruit	8 Beef Stroganoff, Mixed Vegetables, and Salad	9 Spaghetti & Meatballs, Mixed Vegetables, and Fruit	10 Shrimp Jambalaya, Corn Muffin, and Salad
13 Spinach Frittata, Broccoli, and Salad	14 Salisbury Steak, Mashed Potatoes & Gravy, Green Beans, and Fruit	15 Chili Dogs, Chips, and Salad	16 Sloppy Joe, Baked Beans, and Salad	17 Baked Cod, Brown Rice, Root Vegetables, and Fruit
20 Pasta Primavera, Veggies and Fruit	21 Mongolian Beef, Fried Rice, Stir Fry Vegetables, and Fruit	22 Pesto Cream Shrimp, Rice Pilaf, Peas & Carrots, and Salad	23 Chicken Alfredo Fettuccini, Broccoli, and Fruit	24 Pork Loin , Stuffing, Peas & Carrots, and Salad
27 Closed for Memorial Day MEMORIAL DAY	28 Beef Lasagna, Broccoli, and Salad	29 Cheese Tortellini, Green Veggies, and Fruit	30 Chicken Fried Steak, Mashed Potatoes & Gravy, Green Beans, and Salad	31 Shrimp Scampi, Rice Pilaf, Peas & Carrots, and Fruit