



# 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 *September 2023 Menu* \*VEGETARIAN

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
|   |   |   |  | 1<br>ASAC Closed  |
| 4<br>ASAC Closed for Labor Day<br> | 5<br>Ham Steak, Scallop Potatoes, Peas & Carrots, and Fruit | 6<br>Chicken Enchiladas, Spanish Rice, Refried Beans, and Fruit | 7<br>Meatball Stir Fry, Fried Rice, and Fruit                          | 8<br>BBQ Ribs, Baked Beans, Corn, and Fruit                     |
| 11<br>Pork Loin, Rice Pilaf, Peas & Carrots, and Fruit  | 12<br>Chicken Alfredo, Fettuccini, Green Beans, and Fruit   | 13<br>Chili Dogs, Chips and Salad                               | 14<br>Sloppy Joe, Baked Beans, and Coleslaw                            | 15<br>Baked Cod, Rice Pilaf, Peas & Carrots, and Fruit          |
| 18<br>Spinach Frittata, Broccoli and Salad  | 19<br>Herb Chicken, Rice Pilaf, Root Vegetables, and Fruit  | 20<br>Grilled Peppers, Kielbasa, Sauer Kraut, and Fruit         | 21<br>Meatloaf, Mashed Potatoes & Gravy, Green Beans, and Fruit        | 22<br>Pesto Cream Shrimp, Rice Pilaf, Peas & Carrots, and Fruit |
| 25<br>Pork Loin, Rice Pilaf, Peas & Carrots, and Fruit  | 26<br>BBQ Chicken, Baked Beans, Corn, and Fruit             | 27<br>Beef Stroganoff, Mixed Vegetables, and Fruit              | 28<br>Salisbury Steak, Mashed Potatoes & Gravy, Green Beans, and Fruit | 29<br>Dill Salmon, Rice Pilaf, Peas & Carrots, and Fruit        |