



# Arctic Rose Meal Program

This program provides fresh daily meals to anyone 60+ years old. Registration required; individuals must call (907)770-2004 for info on registering.

## Program Details:

- Order at least 24 hours in advance at (907)770-2004 Monday-Friday between 9AM-2PM
- Meals are available for pickup in the Arctic Rose Restaurant between 10AM-2PM.
- Information on delivery eligibility available upon registration.
- 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 2025 Menu

**\*VEGETARIAN**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Cheese Pizza, Green Beans, and Fruit	<b>2</b> Salmon, Rice Pilaf, Peas & Carrots, and Salad
<b>5</b> Ham Steak, Scallop Potatoes, Peas & Carrots, and Salad	<b>6</b> Herb Chicken, Rice Pilaf, Mixed Vegetables, and Fruit	<b>7</b> BBQ Pork Ribs, Baked Beans, Corn, and Fruit	<b>8</b> Spaghetti & Meatballs, Green Beans, and Fruit	<b>9</b> Shrimp Stir-fry, Fried Rice, and Salad
<b>12</b> Pork Loin, Stuffing, Peas & Carrots, and Salad	<b>13</b> Chicken Alfredo Fettuccini, Mixed Vegetables, and Fruit	<b>14</b> Chicken Enchiladas, Refried Beans, Spanish Rice, and Fruit	<b>15</b> Salisbury Steak, Mashed Potatoes, Green Beans, and Fruit	<b>16</b> Baked Cod, Rice Pilaf, Peas & Carrots, and Salad
<b>19</b> Chili Dog, Coleslaw, and Fruit	<b>20</b> Sloppy Joe, Baked Beans, and Coleslaw	<b>21</b> BBQ Chicken, Baked Beans, Corn, and Fruit	<b>22</b> Meatball Marinara, Mixed Vegetables, and Fruit	<b>23</b> Shrimp Scampi, Rice, Peas & Carrots, and Salad
<b>26 CLOSED</b> <b>MEMORIAL DAY</b>	<b>27</b> Ground Beef and Macaroni, Broccoli, Carrot, Peppers, and Fruit	<b>28</b> Kielbasa, Rice and Salad	<b>29</b> Taco Soup, Corn Muffins, and Salad	<b>30</b> Chicken Fajitas, and Fruit