

Ashland County Aging Unit, Inc. Senior Nutrition Program

Senior Dining Sites & Meals on Wheels



MAY 2023



For persons 60+ regardless of income or assets

SITE CONTACTS FOR RESERVATIONS OR CANCELLATIONS:

**Ashland Site
715-682-4414 x. 0**

**Sanborn Site
715-278-3955**

**Mellen Site
715-274-8251**

**Glidden Site
715-682-4414 x0**

**Butternut Site
715-769-9417**





**Toll-Free
1-888-682-7672**

All meal programs administered by:

**Ashland County Aging Unit, Inc.
400 Chapple Ave.
Suite 100
Ashland, WI 54806**

715-682-4414 x. 0

All meals served with choice of milk, water, or coffee.

Mon—All Sites	Tue—Ashland Only	Wed—All Sites	Thu—All Sites	Fri—Ashland Only
1 Sloppy Joe w/ WW Bun Peas and Carrots Brussel Sprout Fresh Fruit	2 Tuna Sandwich on WW Bread Lentil Soup Steamed carrots Fresh Fruit	3 Sweet and Sour Meatballs Brown Rice Roasted Tomato Half Asian Blend Vegetables Pineapple Tidbits	4 Maple Glazed Pork Mashed Potatoes Baked Beans Peach Pineapple Gelatin WW Bread w/Butter	5 Lasagna Romaine Side Salad with: Cucumber, Tomato Wedge Ranch Peach Delight
8 Italian Meatballs w/Marinara On Penne Pasta Italian Blend Vegetables Fresh Fruit	9 Chicken Fajita on Flour Tortilla Vegetables for Fajita Refried Beans Fresh Fruit	10 Beef Chili Peas and Carrots Wheat Bread Fresh Fruit	11 Rotisserie Seasoned Chicken Chicken Gravy Roasted Herb Potatoes Broccoli Cuts Peach Cobbler MOTHER'S DAY MEAL 	12 Turkey Meatloaf w/Chicken Gravy & Mashed Potatoes Sliced Beets WW Roll w/Butter Fresh Fruit
15 Turkey Tetrazzini California Vegetable Blend Fresh Fruit	16 Chopped Romaine Salad w/ Wedged Tomatoes, Cucumbers, Black Forest Ham, Cheddar Cheese & Ranch Dressing WW Roll w/ Butter	17 Maple Glazed Pork Tomato and Cucumber Salad Baked Beans WW Bread w/Butter Peach Pineapple Gelatin	18 BBQ Chicken Peas and Carrots Country Coleslaw Red Potato Salad WW Roll w/Butter	19 Turkey Meat Sauce Over WW Spaghetti Pasta Italian Vegetables Fresh Fruit
22 Chicken Chop Suey on Brown Rice Asian Blend Vegetables Fresh Fruit	23 Chili Mac Broccoli Cuts Fresh Fruit	24 Lemon Baked Chicken w/Gravy Baked Beans Steamed Carrots Peaches	25 Garlic Herb Pork Loin w/Gravy Baked Potatoes Broccoli Salad Apple Crisp BIRTHDAY MEAL 	26 Biscuit w/Country Gravy Pork Sausage Links Sauteed Zucchini & Squash Grape Juice Fresh Fruit
28 CLOSED FOR MEMORIAL DAY 	29 Baked Chicken w/Thyme Sauce Mashed Potatoes w/Gravy Broccoli Cuts WW Roll w/Butter Fresh Fruit	31 Bratwurst on a Bun Baked Beans Potato Salad Pineapple Tidbits MEMORIAL DAY MEAL 	\$3—\$5/meal suggested donation for age 60+. Actual cost/guest fee for people under 60 unless accompanied by their senior spouse is \$8.00.	All meals served contain at least 1/3rd of the RDA. Menu subject to change if necessary without notice.