

Ashland County Aging Unit, Inc. Senior Nutrition Program
Senior Dining Sites & Meals on Wheels



MARCH 2024



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
1-888-682-7672

Butternut Site
715-769-9417




All meal programs administered by:

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

1-888-682-7672

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

All meals served contain at least 1/3rd of the RDA.

Mon—All Sites	Tue—Ashland Only	Wed—All Sites	Thu—All Sites	Fri—Ashland HD Meal Only Ashland Congregate at Northland College
<p>Actual cost/guest fee for people under 60 unless accompanied by their senior spouse is \$9.00 at regular sites. Fee is \$9 for under 60 folks at Northland, ticket must be purchased before attending.</p>	<p>Meals served Monday - Friday in Ashland Kitchen serves from 11:30 a.m.—12:00 p.m. Dining Room open until 12:30</p>	<p><u>Reservations or Cancellations for all meals REQUIRED by 1:00 pm the day before attending.</u> 715-682-4414 x. 0</p>	<p>\$4-\$6/meal suggested donation for age 60+. \$5-\$7 donation for meals at Northland Fridays.</p>	<p>1 Chicken Broccoli Alfredo Italian Vegetables Fresh Fruit</p>
<p>4 Beef Stroganoff w/Egg Noodles Peas & Carrots Fresh Fruit</p>	<p>5 Chicken Fajita on a Flour Tortilla w/Roasted Red Peppers & Onions, Diced Tomatoes, Shredded Cheese & Lettuce, Salsa Pears</p>	<p>6 Garlic Herb Pork Loin w/Gravy Baked Beans Broccoli WW Bread w/Butter Fresh Fruit</p>	<p>7 Meatloaf Mashed Potato w/Gravy Steamed Carrots WW Roll w/Butter Peaches</p>	<p>8 Beef Liver & Onions Yellow Rice Steamed Green Beans Fresh Fruit</p>
<p>11 Beef Chili Mac & Crackers Mixed Veggie Blend Fresh Fruit</p>	<p>12 Beef Stew Brussel Sprouts Biscuit w/Butter Peaches</p>	<p>13 Ham w/Brown Sugar Glaze Peas and Carrots Baked Beans WW Roll w/Butter Fresh Fruit</p>	<p>14—ST. PATRICK’S DAY MEAL Corned Beef Steamed Cabbage Steamed Carrots Peach Cobbler</p> 	<p>15—Soup & Sandwich! Split Pea Soup Turkey, Lettuce, Tomato, & Cheese Sandwich on WW Bread Fresh Fruit</p>
<p>18 Garlic Herb Pork Loin Sliced Beets Mashed Potatoes & Gravy Pears</p>	<p>19 WW Spaghetti w/Meaty Marinara Chopped Romaine Side Salad w/Tomatoes, Cucumber, w/Ranch Peaches</p>	<p>20 Turkey Chili Green Beans Sweet Cornbread Pineapple</p>	<p>21—BIRTHDAY MEAL Braised Beef Tips Steamed Carrots Mashed Potatoes WW Roll w/Butter Blueberry Crisp</p> 	<p>22 Egg Salad Sandwich on a Bun Four Bean Salad Fruit Cocktail</p>
<p>25 Sloppy Joe on a Bun Peas & Carrots Tomato Cucumber Salad Fresh Fruit</p>	<p>26 Santa Fe Chicken Bean Soup Italian Vegetables WW Roll w/Butter Fresh Fruit</p>	<p>27 Salisbury Steak Mashed Potatoes w/Gravy Pickled Beets WW Roll w/Butter Fruit Cocktail</p>	<p>28—EASTER MEAL Honey Glazed Ham Scalloped Potatoes Steamed Carrots Apple Crisp</p> 	<p>29—All sites CLOSED for Holiday</p> <p>* <u>Menu subject to change if necessary without notice</u></p>