

**Senior Nutrition Program**  
**Home Delivered**  
**Meals on Wheels for Ashland**

**Reservations & Cancellations**  
Please call the Aging Unit office two business days in advance  
**715-682-4414**

**November**  
**2025**

| MONDAY                                                                                                                     | TUESDAY                                                                                                  | WEDNESDAY                                                                                       | THURSDAY                                                                                                     | FRIDAY                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| \$5—\$7/meal suggested donation for age 60+. Cost for people under 60 unless accompanied by their senior spouse is \$10.00 |                                                                                                          |               |                                                                                                              | Ashland County Aging Unit, Inc.<br>422 3 <sup>rd</sup> St. W.<br>Suite 201<br>Ashland, WI 54806              |
| 3<br><b>Chicken Tetrzzini</b><br>Green Beans<br>Fresh Orange Wedge<br>Pudding                                              | 4<br><b>Shelf Stable Meal</b><br><b>To be Determined</b>                                                 | 5<br><b>Meat Loaf</b><br>Mashed Potatoes & Gravy<br>Glazed Carrots<br>Pears                     | 6<br><b>Cheeseburger on a Bun</b><br>Lettuce, Tomato, Onion<br>Baked Beans<br>Jello with Fruit               | 7<br><b>Shelf Stable Meal</b><br><b>To be Determined</b>                                                     |
| 10<br><b>Mexican Skillet</b><br>Lettuce Salad<br>Pears                                                                     | 11<br><b>CLOSED</b><br> | 12<br><b>Baked Pork Chop</b><br>Candied Yams<br>California Blend Veggies<br>Pears               | 13<br><b>Chicken Breast with Mushroom Sauce</b><br>Parmesan Rice<br>Steamed Broccoli<br>Mandarin Oranges     | 14<br><b>Shelf Stable Meal</b><br><b>To be Determined</b>                                                    |
| 17<br><b>Lasagna Hot Dish</b><br>Succotash<br>Pineapple                                                                    | 18<br><b>Shelf Stable Meal</b><br><b>To be Determined</b>                                                | 19<br><b>BBQ Rib Sandwich</b><br>Rice Pilaf<br>Roasted Root Veggies<br>Tropical Fruit           | 20<br><b>Turkey Roast</b><br>Mashed Potatoes & Gravy<br>Squash<br>Stuffing<br>Pie                            | 21<br><b>Shelf Stable Meal</b><br><b>To be Determined</b>                                                    |
| 24<br><b>Chicken Sandwich</b><br>Lettuce, Tomato<br>Sweet Potato<br>3 Bean Salad<br>Jello with Fruit                       | 25<br><b>Shelf Stable Meal</b><br><b>To be Determined</b>                                                | 26<br><b>Swedish Meatballs over Egg Noodles</b><br>Glazed Carrots<br>Lettuce Salad<br>Pineapple | 27<br><b>CLOSED</b><br> | 28<br><b>CLOSED</b><br> |

All meals served contain at least 1/3rd of the RDA, and served with 1% Milk Menu subject to change if necessary - without notice