

**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**

**January**  
**2026**

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. 422 3 <sup>rd</sup> St. W. Suite 201 Ashland, WI 54806		<b>1</b> <b>CLOSED</b> <b>New Year's Day</b>	<b>2</b> <b>Shelf Stable Meal</b> <b>To be determined</b>
<b>5</b> <b>Sloppy Jo on a WW Bun</b> Bake Beans Potato Salad Tropical Fruit	<b>6</b> <b>Shelf Stable Meal</b> <b>To be Determined</b>	<b>7</b> <b>Chicken Patty on a Bun</b> Lettuce, Tomato Sweet Potato Tots Pea & Cheese Salad Dessert	<b>8</b> <b>Baked Pork Chop</b> Au Gratin Potato California Blend Peaches	<b>9</b> <b>Shelf Stable Meal</b> <b>To be Determined</b>
<b>12</b> <b>Spaghetti w/meat sauce</b> Succotash Bread Stick Pears	<b>13</b> <b>Shelf Stable Meal</b> <b>To be Determined</b>	<b>14</b> <b>Chicken Alfredo</b> <b>w/Broccoli</b> over Pasta Green Beans Apple Crisp	<b>15</b> <b>Swedish Meatballs</b> Over Egg Noodles Glazed Carrots Veggie Salad Oranges	<b>16</b> <b>Shelf Stable Meal</b> <b>To be Determined</b>
<b>19</b> <b>Stuffing Casserole</b> Brussel Sprouts Applesauce Dessert	<b>20</b> <b>Shelf Stable Meal</b> <b>To be Determined</b>	<b>21</b> <b>Meat Loaf</b> Mashed Potato & Gravy Glazed Carrots Pears	<b>22</b> <b>Chicken Salad Croissant</b> Beer Cheese Soup Yogurt w/fruit	<b>23</b> <b>Shelf Stable Meal</b> <b>To be Determined</b>
<b>26</b> <b>Mexican Skillet</b> Cole Slaw Pears	<b>27</b> <b>Shelf Stable Meal</b> <b>To be Determined</b>	<b>28</b> <b>Chili</b> Cornbread Jello w/Fruit	<b>29</b> <b>Chicken Tetrazzini</b> Green Beans Oranges Pudding	<b>30</b> <b>Shelf Stable Meal</b> <b>To be Determined</b>

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