

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