

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



**JANUARY 2023**

For persons 60  
years of age  
& older  
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**  
**715-264-3682**

**Butternut Site**  
**715-769-9417**

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

No email reservations  
accepted.

*All meal programs  
administered by:*

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

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

Mon—All Sites	Tue—Ashland Only	Wed—All Sites	Thu—All Sites	Fri—Ashland Only
<b>CLOSED FOR THE HOLIDAY</b> <b>NO MEALS</b> 	3 Turkey Meatloaf w/Chicken Gravy Mashed Potatoes Sliced Beets & Carrots WW Roll w/Butter	4 Garlic Herb Pork Loin w/Brown Rice & Gravy Broccoli Cuts Peas & Carrots Orange	5 Chicken Fajita w/Refried Beans Fajita Vegetables on a Flour Tortilla Pears	6 Beef Liver and Onions Mashed Potatoes Steamed Green Beans WW Roll w/Butter Butter PC
9 Shepard's Pie California Vegetable Blend WW Roll w/Butter Pears	10 Ham w/Brown Sugar Glaze Peas & Carrots Baked Beans WW Bread w/Butter Apple	11 Italian Meatballs w/Marinara on WW Pasta Chopped Side Salad w/Tomatoes, Cucumbers & Ranch Dressing	12 Lemon Baked Chicken Mashed Potatoes & Chicken Gravy Pickled Beets WW Roll w/Butter	13 Split Pea Soup Turkey Sandwich w/WW Bread Lettuce Tomatoes Cheddar Cheese
16 Beef Stew Sauteed Zucchini & Squash Biscuit w/Butter Pineapple Tidbits	17 Garlic Herb Pork Loin Mashed Potatoes Brown Gravy Broccoli Cuts WW Bun w/Butter Pears	18 Egg Salad Sandwich on WW Bread w/Tomatoes Four Bean Salad Tropical Fruit	19 Braised Beef Tips Sliced Mushrooms Mashed Potatoes WW Bread w/Butter Pineapple Chunks <b>BIRTHDAY MEAL</b> 	20 Sloppy Joe on a WW Bun Peas and Carrots Creamy Cucumber Dill Salad Apple
23 Baked Chicken w/Thyme Sauce Mashed Potatoes Brussels Sprouts WW Roll w/Butter Apple	24 Chicken Broccoli Alfredo Italian Vegetables Orange	25 Salisbury Steak Mashed Potatoes w/Brown Gravy Sliced Beets WW Roll w/Butter Pineapple Tidbits	26 Polish Sausage on a WW Bun w/Sauerkraut Parmesan Roasted Potatoes Pear	27 Santa Fe Chicken Bean Soup Italian Vegetables WW Roll w/Butter Banana
30 Hearty Tomato Basil Soup w/Parmesan Roast- ed Potatoes WW Roll w/Butter Apple	31 Lasagna Mixed Vegetables Peach Delight	<b>Reservations/Cancellations required by 2:00 pm the serving day before.</b>  <b>Call your local meal site OR Ashland Co. Aging Unit Main Office</b>	<b>\$3—\$5/meal suggested donation for age 60+.</b> <b>Actual cost/guest fee for people under 60 unless accompanied by their senior spouse is \$7.00</b>	<b>Main Office Hours:</b> <b>Monday - Friday</b> <b>8:00 am -4:00 pm</b>  <b>400 Chapple Ave. Suite</b> <b>100 Ashland, WI 54806</b>