

# Ashland Aging Senior Nutrition Program

## Senior Dining Sites & Meals on Wheels



Oct 2024



**CONTACTS**  
FOR  
RESERVATIONS OR  
CANCELLATIONS by  
1pm the day before  
the meal:

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

**Sanborn Site**  
715-278-3955

**Mellen Site**  
715-274-8251

**Glidden Site**  
715-682-4414 x0

**Butternut Site**  
715-769-9417


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

*All meal programs  
administered by:*

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

715-682-4414 x. 0

**Suggested  
donation for  
age 60+  
\$4.00—\$6.00  
per meal**

Mon—All Sites	Tue—Ashland HD Only	Wed—All Sites	Thu—All Sites	Fri—Ashland HD Only
<b>Meals served Monday, Wednesday &amp; Thursday in Ashland</b> <b>Kitchen serves from 11:30 a.m.—12:00 p.m.</b> <b>Dining Room open until 12:30</b>	1 Vegetable & Cheese Frittata Roasted Squash & Zucchini Crispy Hashbrowns Mandarin Oranges Southern Biscuit	2 Tuna Noodle Casserole Steamed Carrots Three Bean Salad Fresh Fruit	3 Rotisserie Chicken W/ Gravy Roasted Herb Potatoes Steamed Broccoli Fresh Fruit Dinner Roll	4 Salisbury Steak W/ Gravy Mashed Potatoes Whole Green Beans Fresh Fruit W.W Dinner Roll
7 Tater Tot Hot Dish California Vegetable Blend W.W Bread	8 Chef Salad W/ Ham Canned Peaches W.W Dinner Roll	9 Maple Glazed Pork Tomato & Cucumber Salad Baked Beans Pineapple Tidbits W.W Bread	10 Lasagna Italian Vegetables Canned Pears	11 W.W Spaghetti W/ Turkey Meat Sauce Italian Vegetables Fresh Fruit
14 Chicken Chop Suey Brown Rice Asian Vegetable Blend Pineapple Tidbits	15 Lemon Baked Chicken W/ Gravy Baked Beans Steamed Carrots Canned Peaches Wheat Roll	16 Penne Pasta W/ Italian Meatballs & Marinara Italian Blend Vegetables Fresh Fruit	17 Garlic Herb Pork Loin W/ Gravy Steamed Broccoli Mashed Potatoes Chocolate Bean Cake BIRTHDAY MEAL 	18 Southern Biscuit W/ Country Gravy Pork Sausage Link Crispy Hash Browns Tomato Juice
21 Turkey Chili Green Beans Sweet Corn Bread Canned Peaches	22 Baked Chicken W/ Thyme Sauce Mashed Potatoes W/ Gravy Mixed Vegetables Fresh Fruit Dinner Roll	23 Beef Macaroni Tomato Casserole Canned Pears Side Salad	24 BBQ Chicken Country Coleslaw Potato Salad Fresh Fruit Dinner Roll	25 Pork Roast W/ Gravy Garlic Roasted Potatoes Steamed Carrots Applesauce Dinner Roll
28 Beef Stroganoff Buttered Egg Noodles Mixed Vegetables Blend Pineapple Tidbits	29 Turkey Meatloaf W/ Chicken Gravy Mashed Potatoes Steamed Beats Brussel Sprouts	30 CLOSED for All-Staff Training 	31 <b>HALLOWEEN</b> Sausage & Vegetable Frittata Steamed Broccoli Red Skinned Breakfast Potatoes Fresh Fruit Southern Biscuit	<b>All meals served contain at least 1/3rd of the RDA, and served with 1% Milk</b> <b>Menu subject to change if necessary without notice.</b>