


For persons 60+
regardless of
income or assets

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



JULY 2024



<div>CONTACTS FOR RESERVATIONS OR CANCELLATIONS by 1pm the day before the meal:</div> <div>Ashland Site 715-682-4414 x. 0</div> <div>Sanborn Site 715-278-3955</div> <div>Mellen Site 715-274-8251</div> <div>Glidden Site 715-682-4414 x0</div> <div>Butternut Site 715-769-9417</div> <div>Toll-Free 1-888-682-7672</div> <div>All meal programs administered by: Ashland County Aging Unit, Inc. 400 Chapple Ave. Suite 100 Ashland, WI 54806</div> <div>715-682-4414 x. 0</div> <div>All meals served with choice of milk, water, or coffee.</div>	Mon—All Sites	Tue—Ashland HD Only	Wed—All Sites	Thu—All Sites	Fri—Ashland HD Only
	1 Beef Tomato Casserole Steamed Broccoli Canned Pears	2 Bratwurst on Bun Sauerkraut Fresh Fruit Steamed Peas	3 BBQ Chicken Baked Beans Mixed Veggies Strawberry & Rhubarb Crisp Cornbread	4 - CLOSED FOR THE HOLIDAY 	5 Lasagna Steamed Veggies Canned Peaches
	8 Italian Meatballs w/Penne Pasta & Marinara Italian Blend Vegetables Fresh Fruit	9 Beef Chili Cornbread Peas and Carrots Fresh Fruit	10 Rotisserie Chicken w/ Gravy Roasted Herb Potatoes Broccoli Cuts WW Roll w/Butter Fresh Fruit	11 Turkey Meatloaf w/Gravy Mashed Potatoes Sliced Beets Fresh Fruit WW Roll w/Butter	12 Chopped Romaine Salad Canned Peaches WW Roll w/ Butter
	15 Turkey Tetrazzini Steamed Peas Fresh Fruit	16 Tuna Salad Lentil & Spinach Soup Steamed Carrots Fresh Fruit W.W Bread	17 Pork Roast w/Gravy Black Beans County Coleslaw WW Bread w/Butter Applesauce	18 Meat Sauce W/ WW Pasta Italian Vegetables Cantaloupe	20 BBQ Chicken Tomato & Cucumber Salad Potato Salad Fresh Fruit WW Roll w/Butter
	22 Chicken Chop Suey w/Brown Rice Asian Blend Vegetables Fresh Fruit	23 Chili Mac Broccoli Cuts Fresh Fruit	24 Lemon Baked Chicken w/Gravy Baked Beans Steamed Carrots Peaches WW Roll w/Butter	25 - BIRTHDAY MEAL Garlic Herb Pork Loin w/Gravy Baked Potatoes w/Butter Creamy Coleslaw Three Bean Salad Chocolate Cake 	26 Biscuit w/Country Gravy Pork Sausage Link Hashbrowns Tomato Juice Fresh Fruit
	29 Pork Roast w/ Gravy Black Beans & Rice Steamed Carrots Applesauce	30 Broccoli Cheese Soup California Vegetable Blend Fresh Fruit Egg Salad Sandwich	31 Chicken Fajita w/Refried Beans & Fajita Vegetables on a Flour Tortilla Fresh Fruit	Meals served Monday - Wednesday & Thursday in Ashland Kitchen serves from 11:30 a.m.—12:00 p.m. Dining Room open until 12:30	All meals served contain at least 1/3rd of the RDA, and served with 1% Milk Menu subject to change if necessary without notice.