

# Ashland County Aging Unit, Inc. Senior Nutrition Program

## Senior Dining Sites & Meals on Wheels



# APRIL 2023



For persons 60+ 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  
715-682-4414 x0**

**Butternut Site  
715-769-9417**

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

*All meal programs administered by:*

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

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

**All meals served with choice of milk, water, or coffee.**

Mon—All Sites	Tue—Ashland Only	Wed—All Sites	Thu—All Sites	Fri—Ashland Only
<b>3</b> Kielbasa on a Bun Sauerkraut Steamed Carrots Fresh Fruit	<b>4</b> Beef Stew Brussels Sprouts Fruit Cocktail WW Roll w/Butter	<b>5</b> Beef Taco w/Refried Beans Cheddar Cheese Shredded Lettuce Mild Salsa Pears	<b>6</b> Garlic Herb Pork Loin Brown Rice w/Pork Gravy Broccoli Cuts Peas and Carrots Fresh Fruit	<b>7</b> CLOSED FOR HOLIDAY  NO MEALS
<b>10</b> Italian Meatballs w/Marinara On WW Spaghetti Side Salad w/Romaine Lettuce Wedged Tomatoes & Sliced Cucumbers	<b>11</b> Split Pea Soup w/Turkey Sandwich: Lettuce, Sliced Tomatoes, Sliced Deli Turkey Breast Sliced Cheddar Cheese Fresh Fruit	<b>12</b> Salisbury Steak Mashed Potatoes w/Brown Gravy Pickled Beets Fresh Fruit WW Roll w/Butter	<b>13</b> Rotisserie Seasoned Chicken Chicken Gravy Green Beans Sweet Potato Apple Crisp <b>EASTER MEAL</b> 	<b>14</b> Ham with Brown Sugar Glaze Brussel Sprouts Baked Beans WW Bread w/Butter Fresh Fruit
<b>17</b> Garlic Herb Pork Loin Mashed Potatoes w/Gravy Broccoli Cuts WW Bread w/Butter Canned Pears	<b>18</b> Broccoli Cheese Soup w/Egg Salad Sandwich on WW Bread Vegetable Blend Fruit Cocktail	<b>19</b> Sloppy Joe on a WW Bun Peas and Carrots Four Bean Salad Fresh Fruit	<b>20</b> Braised Beef Tips Mashed Potatoes Pineapple Chunks Black Bean Cake <b>BIRTHDAY MEAL</b> 	<b>21</b> BBQ Chicken w/Steamed Rice Sauteed Zucchini & Squash Brussels Sprouts Pineapple Tidbits
<b>24</b> Baked Chicken w/Thyme Sauce Mashed Potatoes Brussels Sprouts WW Bread w/Butter Fresh Fruit	<b>25</b> Potato Soup w/Peas & Carrots w/Ham & Cheese Sandwich on WW Bread Canned Peaches	<b>26</b> Chicken Broccoli Alfredo Italian Vegetables Fresh Fruit	<b>27</b> Salisbury Steak Mashed Potatoes w/Brown Gravy Sliced Beets WW Roll w/Butter Canned Pears	<b>28</b> Kielbasa Sausage w/WW Bun Sauerkraut Baked Beans Fresh Fruit
Please call your local meal site OR the Aging Unit Main Office for information on Reservations, Cancelations, or Weather: <b>1-888-682-7672</b>	<b>All meals served contain at least                      1/3rd of the RDA.                      Menu subject to change if                      necessary without notice.</b>		<b>\$3—\$5/meal suggested                      donation for age 60+.                      Actual cost/guest fee for                      people under 60 unless                      accompanied by their senior</b>	The ACAUI will not be responsible for insuring that menu selections are free from allergens. Partici- pants with life threatening food allergies are encouraged to bring substitute food items from home.