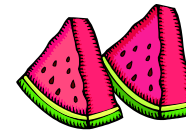


# Ashland County Aging Unit, Inc. Senior Nutrition Program

## Senior Dining Sites & Meals on Wheels



# August 2024



For persons 60+ regardless of income or assets

**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 County Aging Unit, Inc. 400 Chap-ple Ave. Suite 100 Ashland, WI 54806**

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

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

Mon—All Sites	Tue—Ashland HD Only	Wed—All Sites	Thu—All Sites	Fri—Ashland HD Only
<b>Congregate Meals served Mon.—Wed.—Thurs. in Ashland</b> Kitchen serves from <b>11:30 a.m.—12:00 p.m.</b> Dining Room open until <b>12:30</b>	<b>Actual cost/guest fee for people under 60 unless accompanied by their senior spouse is \$10.00.</b>	All meals served contain at least <b>1/3rd of the RDA, and served with 1% Milk</b> <b>Menu subject to change if necessary without notice.</b>	1 Sausage Pizza Bake Italian Vegetables Fruit Fluff Salad	2 Hot Dog W/ Bun Steamed Peas Potato Salad Pineapple Tidbits
5 Beef Taco W/ Flour Tortilla Refried Beans Canned Pears Mild Picante Salsa	6 Beef Chili Mixed Vegetable blend Fresh fruit Cornbread	7 Garlic Herb Pork Loin W/Gravy Mashed Potatoes Steamed Beets Fresh Fruit Dinner Roll	8 BBQ Chicken Potato Wedges Steamed Carrots Fresh Fruit Bread	9 Meatloaf W/Brown Gravy Mashed Potatoes Steamed Broccoli Fresh Fruit Dinner Roll
12 Sloppy Joe W/ Hamburger Bun Mashed Potatoes W/ Gravy Mixed Vegetable Blend Fresh Fruit	13 Split Pea Soup WW Turkey Sandwich Fresh Fruit	14 Garlic Herb Chicken W/Gravy Mashed Potatoes Steamed Broccoli Fresh Fruit Cornbread	15 BIRTHDAY MEAL Ham W/ Brown Sugar Glaze Mixed Vegetable Blend Baked Beans Blueberry Buckle 	16 W.W. Spaghetti W/ Meatballs Canned Peaches Side Salad W/ Dressing
19 Garlic Herb Pork W/ Gravy Red Beans & Rice Steamed Carrots Canned Pears	20 Egg Salad Sandwich on W.W Bread Vegetable Soup Fresh Fruit	21 Seasoned Grilled Chicken Mashed Potatoes Whole Green Beans Pineapple Tidbits W.W Bread	22 Beef Stew Steamed Broccoli Canned Peaches Biscuit	23 Sweet & Sour Meatballs Steamed Rice Brussel Sprouts Steamed Peas Fresh Fruit
26 Salisbury Steak W/ Brown Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Wheat Bread	27 Sante Fe Chicken Bean Soup Roasted Tomatoes Fresh Fruit Wheat Bread	28 Kielbasa Sausage W/Bun Steamed Carrots Sauerkraut Fresh Fruit	29 Rotisserie Style Chicken Mashed Potatoes W/ Gravy Steamed Broccoli Fresh Fruit Dinner Roll	30 Chili Green Beans Pineapple Tidbits Sweet Cornbread