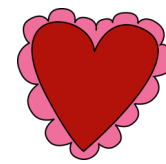


Ashland County Aging Unit, Inc. Senior Nutrition Program

Senior Dining Sites & Meals on Wheels



FEBRUARY 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
<p>\$3—\$5/meal suggested donation for age 60+.</p> <p>Actual cost/guest fee for people under 60 unless accompanied by their senior spouse is \$8.00.</p>	<p>Meals served Monday thru Friday @ Ashland</p> <p>Kitchen serves from 11:30 a.m.—12:05 p.m. Dining Room open until 12:30</p>	<p>1 Beef Chili Crackers, Saltines, Peas and Carrots Banana</p>	<p>2 Sweet and Sour Meatballs Brown Rice Tomato & Cucumber Salad Asian Blend Vegetables Pineapple Tidbits</p>	<p>3 Chicken Gumbo Steamed Carrots Canned Peaches</p>
<p>6 Italian Meatballs w/Penne Pasta Marinara Sauce Italian Blend Vegetables Fresh Fruit</p>	<p>7 Beef Taco on a Flour Tortilla w/Refried Beans, Cheddar Cheese Shredded Iceberg Lettuce Mild Picante Salsa Canned Pears</p>	<p>8 Chicken Alfredo Steamed Carrots Three Bean Salad Fresh Apple</p>	<p>9 Sloppy Joe on a Bun Potato Wedges Whole Green Beans Fresh Fruit</p>	<p>10 Rotisserie Chicken w/ Gravy Roasted Herb Potatoes Broccoli Cuts WW Roll w/Butter Banana</p>
<p>13 Chicken Ala King Beets Fruit Cocktail WW Bread w/Butter</p>	<p>14 Chopped Romaine Lettuce Salad w/Tomatoes, Cucumber, Black Forest Ham, Cheddar Cheese, and Ranch Dressing Peaches WW Roll w/Butter</p>	<p>15 Maple Glazed Pork Tomato Onion Salad Baked Beans Peach Pineapple Gelatin WW Bread w/Butter</p>	<p>16 BBQ Chicken Peas and Carrots Potato Salad Red Velvet Cake w/Cream Cheese Frosting Orange VALENTINE'S MEAL </p>	<p>17 Turkey Meat Sauce w/WW Spaghetti Italian Vegetables Pear</p>
<p>20 Chicken Chop Suey w/Brown Rice Asian Blend Vegetables Mandarin Oranges</p>	<p>21 Baked Pollock White Wine Sauce Mixed Vegetables Pears WW Roll w/Butter</p>	<p>22 Lemon Baked Chicken Baked Beans Chicken Gravy Steamed Carrots Peaches WW Roll w/Butter</p>	<p>23 Garlic Herb Pork Loin Mashed Potatoes w/Gravy Broccoli Cuts Chocolate Black Bean Brownie Applesauce BIRTHDAY MEAL </p>	<p>24 Country Gravy Pork Sausage Link Roasted Mushrooms Biscuit Red Seedless Grapes Orange</p>
<p>27 Beef Macaroni Tomato Casserole Romaine Side Salad w/Tomato & Cucumbers Ranch Dressing</p>	<p>28 Baked Chicken w/Thyme Sauce Mashed Potatoes w/Gravy Broccoli Cuts Orange WW Roll w/Butter</p>	<p style="text-align: center;"><u>Reservations or Cancellations</u> <u>REQUIRED by 2:00 pm the day before attending.</u> 715-682-4414 x. 0</p>	<p style="text-align: center;">All meals served with choice of milk, water, or coffee. All meals served contain at least 1/3rd of the RDA. Menu subject to change if necessary without notice</p>	<p style="text-align: center;">Main Office Hours: Monday - Friday 8:00 am -4:00 pm 400 Chapple Ave. Suite 100 Ashland, WI 54806</p>