

# Ashland County Aging Unit, Inc. Senior Nutrition Program: Senior Dining Site & Meals on Wheels

## July 2022



For persons 60 years of age & older, regardless of income or assets

Actual Cost/Guest Fee for people under 60 unless accompanied by their senior spouse is \$7.00

**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

www.ashlandaging.org

Mon—All Sites	Tue—Ashland Only	Wed—All Sites	Thu—All Sites	Fri—Ashland Only
<p>Reservations &amp; Cancellations required by 2:00 pm the serving day before. Please call your local meal site OR the Aging Unit office. Inclement Weather: Call Aging Unit office. <b>Suggested Contribution: \$3.25 per meal</b></p> <p>All meals: served at 11:30 to 12:05 p.m., contain at least 1/3rd of the RDA, and served with 1% Milk Menu subject to change if necessary without notice. The ACAUI will not be responsible for insuring that menu selections are free from allergens. Participants with life threatening food allergies are encouraged to bring substitute food items from home.</p>				<p><b>1 W.W. Spaghetti with Turkey Meat Sauce</b> <b>Italian Vegetables</b> <b>Garlic Sticks</b> <b>Mandarin Oranges</b></p>
<p>Closed for Independence Day</p> <div style="text-align: center;"> </div>	<p><b>5 Hamburger w/Lettuce &amp; Tomato</b> <b>Choice of Cheese Slice</b> <b>W.W. Bun</b> <b>Red Roasted Potatoes</b> <b>Mixed Vegetables</b> <b>Apple</b></p>	<p><b>6 Bratwurst w/W.W Bun</b> <b>Sauerkraut</b> <b>Baked Beans</b> <b>Broccoli Cuts</b> <b>Blueberry Buckle</b></p> <div style="text-align: center;"> </div> <p style="text-align: center;"><b>INDEPENDENCE MEAL</b></p>	<p><b>7 Beef Tips</b> <b>Mashed Potatoes</b> <b>Steamed Carrots</b> <b>W.W. Roll w/Butter</b> <b>Peaches</b></p>	<p><b>8 Split Pea Soup</b> <b>Turkey &amp; Cheese Sandwich</b> <b>W.W. Bread w/Lettuce</b> <b>Tomato &amp; Pickle</b> <b>Pear</b></p>
<p><b>11 Baked Chicken w/Thyme Sauce</b> <b>Mashed Potatoes</b> <b>Asparagus</b> <b>W.W. Dinner Roll</b> <b>Seasonal Fruit</b></p>	<p><b>12 Turkey Meatloaf w/Chicken Gravy</b> <b>Baked Beans</b> <b>Sliced Beets</b> <b>W.W. Roll w/Butter</b> <b>Seasonal Fruit</b></p>	<p><b>13 Beef Macaroni</b> <b>Tomato Casserole</b> <b>Green Peas</b> <b>Peaches</b> <b>Strawberry Rhubarb Crisp</b></p>	<p><b>14 Garlic Herb Pork Loin w/Gravy</b> <b>Baked Potatoes</b> <b>Broccoli Salad w/Bacon</b> <b>W.W. Roll</b> <b>Peach Cobbler</b></p> <div style="text-align: center;"> </div> <p style="text-align: center;"><b>BIRTHDAY MEAL</b></p>	<p><b>15 Broccoli Cheese Soup</b> <b>Egg Salad Sandwich</b> <b>W.W Bread w/Lettuce &amp; Tomato</b> <b>Dill Pickle Spear</b></p>
<p><b>18 Chicken Tetrzzini</b> <b>California Vegetable Blend</b> <b>Broccoli</b> <b>Seasonal Fruit</b></p>	<p><b>19 Beef Taco with Lettuce, Tomato &amp; Shredded Cheddar Cheese w/Flour Tortilla</b> <b>Refried Beans</b> <b>Roasted Corn</b> <b>Seasonal Fruit</b></p>	<p><b>20 Pork Roast w/Gravy</b> <b>Garlic Roasted Potatoes</b> <b>Green Beans</b> <b>W.W. Roll w/Butter</b> <b>Applesauce</b></p>	<p><b>21 Beef Stroganoff w/Buttered Egg Noodles</b> <b>Mixed Vegetable Blend</b> <b>Green Salad w/Tomato</b> <b>Cucumber &amp; F.F. Ranch</b> <b>W.W. Roll w/Butter</b></p>	<p><b>22 Lasagna</b> <b>Italian Vegetables</b> <b>Sliced Cucumber</b> <b>Garlic Breadstick</b> <b>Pears</b></p>
<p><b>25 Beef Stew</b> <b>Local Corn</b> <b>W.W. Bread w/Butter</b> <b>Peaches</b></p>	<p><b>26 Chicken Cacciatore</b> <b>W.W. Penne Pasta</b> <b>Italian Vegetables</b> <b>Seasonal Fruit</b></p>	<p><b>27 Maple Dijon Porkloin</b> <b>Peas &amp; Carrots</b> <b>Baked Beans</b> <b>W.W. Bread w/Butter</b> <b>Orange</b></p>	<p><b>28 Porcupine Meatballs</b> <b>Mashed Potatoes &amp; Gravy</b> <b>W.W. Bread w/Butter</b> <b>Broccoli Salad w/Bacon</b> <b>Seasonal Fruit</b></p>	<p><b>29 Breaded Fish Square w/Tarter Sauce</b> <b>W.W. Bun w/Butter</b> <b>Lettuce &amp; Tomato</b> <b>Sliced Dill Pickles</b> <b>Coleslaw</b> <b>Pear</b></p>