

Ashland County Aging Unit, Inc. Senior Nutrition Program



NOVEMBER 2022



Senior Dining Sites & Meals on Wheels

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>Suggested Contribution: \$3.25 per meal</p> <p>All meals: served at 11:30 a.m., contain at least 1/3rd of the RDA, & served with 1% Milk</p> <p>Menu subject to change if necessary without notice.</p>	<p>1 Turkey Meatloaf Mashed Potatoes w/Gravy Sliced Beets Broccoli Salad w/Bacon WW Roll w/Butter</p>	<p>2 Beef Taco Meat Refried Beans Cheddar Cheese Lettuce & Salsa on a Flour Tortilla Pears</p>	<p>3 Baked Eggs w/Onion & Mushrooms Red Skinned Breakfast Potatoes Banana Biscuits w/Butter</p>	<p>4 Barbecue Pork Loin Roast Baked Potatoes w/Sour Cream Broccoli Cuts WW Dinner Roll w/Butter Fresh Fruit</p>
<p>7 Shepard's Pie California Blend Vegetables Fresh Fruit W.W. Dinner Roll w/Butter</p>	<p>8 Ham w/Brown Sugar Glaze Peas & Carrots Baked Beans Fresh Fruit WW Roll w/Butter</p>	<p>9 Italian Meatballs w/Marinara Sauce W.W. Spaghetti Diced Peaches Green Salad w/Romaine, Tomato, Cucumber & Ranch</p>	<p>10 Salisbury Steak Mashed Potatoes & Brown Gravy Pickled Beets Pear Chocolate Black Bean Cake HAPPY BIRTHDAY</p> 	<p>11 ALL SITES CLOSED FOR VETERAN'S DAY</p> 
<p>14 Meatloaf Mashed Potatoes Brown Gravy Steamed Peas Canned Pears</p>	<p>15 CLOSED FOR TRAINING NO MEALS</p>	<p>16 Beef Tips Mashed Potatoes W.W. Roll w/Butter Pineapple Chunks</p>	<p>17 Roast Turkey w/Gravy Glazed Yams Cranberry Sauce W.W. Roll w/Butter Apple Crisp THANKSGIVING MEAL</p> 	<p>18 Beef Stew Sautéed Zucchini & Squash Mandarin Orange Sections Biscuit w/Butter</p>
<p>21 Swedish Meatballs Mashed Potatoes Brussels Sprouts WW Dinner Roll w/Butter Fresh Fruit</p>	<p>22 Tuna Noodle Salad Green Pea Salad Garbanzo Bean Salad Fresh Fruit</p>	<p>23 Santa Fe Chicken Bean Soup Italian Vegetables W.W. Roll w/Butter Fresh Fruit</p>	<p>24 ALL SITES CLOSED FOR THANKSGIVING TODAY *NO MEALS* HAPPY THANKSGIVING</p>	<p>25 ALL SITES CLOSED FOR THANKSGIVING TODAY *NO MEALS*</p>
<p>28 Rotisserie Chicken Roasted Root Vegetables Mashed Potatoes w/Chicken Gravy WW Dinner Roll w/Butter</p>	<p>29 Chicken Gumbo Steamed Carrots Canned Peaches</p>	<p>30 Zen Sweet & Sour Pork Brown Rice Asian Blend Vegetables Pineapple</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.m.</p>	<p>Actual cost/guest fee for people under 60 unless accompanied by their senior spouse is \$7.00</p>