

Ashland County Aging Unit, Inc. Senior Nutrition Program

Senior Dining Sites & Meals on Wheels



APRIL 2024



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
1-888-682-7672

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
1 Kielbasa on a Bun Sauerkraut Steamed Carrots Fresh Fruit	2 Beef Taco w/Refried Beans Cheddar Cheese Shredded Lettuce Mild Salsa Pears	3 Bourbon Glazed Pork Loin Mashed Potatoes & Gravy Broccoli Pineapple WW Bread w/Butter	4 Beef Stew Brussels Sprouts Fruit Cocktail WW Roll w/Butter	5 Turkey Meatloaf Mashed Potatoes & Gravy Peas & Carrots WW Roll w/Butter Fresh Fruit
8 Italian Meatballs w/Marinara On WW Spaghetti Side Salad w/Romaine Lettuce Wedged Tomatoes & Sliced Cucumbers	9—Soup & Sandwich Split Pea Soup w/Turkey Sandwich w/Lettuce, Sliced Tomatoes, Turkey Breast Sliced Cheddar Cheese Fresh Fruit	10 Salisbury Steak Mashed Potatoes w/Brown Gravy Pickled Beets WW Roll w/Butter Fresh Fruit	11 Rotisserie Seasoned Chicken Chicken Gravy Green Beans Potato Salad Fruit Cocktail WW Bread w/Butter	12 Garlic Herb Pork Loin Brown Rice w/Pork Gravy Steamed Spinach Coleslaw Pears
15 Swedish Meatballs Mashed Potatoes Steamed Carrots Fresh Fruit WW Bread w/Butter	16—Soup & Sandwich Broccoli Cheese Soup Egg Salad Sandwich on WW Bread Vegetable Blend Fruit Cocktail	17 Ham with Brown Sugar Glaze Garlic Mashed Potatoes w/Gravy Three Bean Salad WW Roll w/Butter Pears	18 Braised Beef Tips Mixed Veggies WW Bread w/Butter Mandarin Orange Jello w/Whipped Topping BIRTHDAY MEAL 	19 BBQ Chicken w/Steamed Rice Roasted Red Peppers Brussels Sprouts Pineapple
22 Baked Chicken w/Thyme Sauce Mashed Potatoes Steamed Peas WW Bread w/Butter	23—Soup & Sandwich Potato Soup Steamed Carrots Ham & Cheese on WW Bread Peaches	24 Chicken Alfredo Italian Vegetables Steamed Broccoli Fresh Fruit	25 French Toast Casserole Sausage Link Potatoes O'Brien Tomato Juice Fresh Fruit	26 Tuna Mac & Cheese Mixed Veggies Baked Beans Fresh Fruit
29 Sloppy Joe on a Bun Potato Wedges Coleslaw Pears	30 Tuna Salad Lentil & Spinach Soup Steamed Carrots Fresh Fruit WW Roll w/Butter	All meals served contain at least 1/3rd of the RDA. Menu subject to change if necessary without notice.	\$4—\$6/meal suggested donation for age 60+. Actual cost/guest fee for people under 60 unless accompanied by their senior spouse is \$10.00.	The ACAUI will not be responsible for insuring that menu selections are free from allergens. Participants with food allergies are encouraged to bring substitute food items from home.