

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

Main Office Hours:
Monday - Friday
8:00 am -4:00 pm

www.ashlandaging.org

Ashland County Aging Unit, Inc. Senior Nutrition Program

Senior Dining Sites & Meals on Wheels



NOVEMBER 2023



Mon—All Sites	Tue—Ashland Only	Wed—All Sites	Thu—All Sites	Fri—Ashland HD
\$3—\$5/meal suggested donation for age 60+. Actual cost/guest fee for people under 60 unless accompanied by their senior spouse is \$8.00.	Meals served Monday thru Friday in Ashland Kitchen serves from 11:30 a.m.—12:05 p.m. Dining Room open until 12:30 p.m.	1 Beef Taco on Flour Tortilla w/Refried Beans, Shredded Lettuce, Mild Salsa & Sour Cream Pears	2 Barbecue Pork Loin Roast Mashed Potatoes Broccoli Cuts WW Roll w/Butter Fresh Fruit	<u>3 - Home Delivered Only</u> Baked Eggs w/Onion & Mushrooms Sauteed Zucchini & Squash Red Skinned Potatoes Biscuit w/Butter
6 Beef Shepard's Pie California Vegetable Blend WW Bread w/Butter Fresh Fruit	7 Ham w/Brown Sugar Glaze Peas and Carrots Baked Beans WW Roll w/Butter Fresh Fruit	8 Italian Meatballs w/Marinara on WW Spaghetti Peaches Chopped Romaine Side Salad w/Tomatoes, Cucumbers & Ranch	9 Salisbury Steak Mashed Potatoes w/Brown Gravy Pickled Beets WW Roll w/Butter Fresh Fruit	10 - CLOSED FOR VETERAN'S DAY 
13 Meatloaf Mashed Potatoes w/Gravy Steamed Broccoli Fresh Fruit WW Bread w/Butter	14 Beef Stew Sauteed Zucchini & Squash Biscuit w/Butter Fresh Fruit	15 Roast Chicken Green Beans Mashed Potatoes w/Gravy Pineapple Chunks WW Bread w/Butter	16 Roast Turkey with Gravy Glazed Yams Cranberry Sauce Apple Crisp Classic Bread Stuffing THANKSGIVING MEAL 	<u>17 - Home Delivered Only</u> Hamburger Patty on WW Bun w/Lettuce, Tomatoes & Pickle Slices Pineapple Tidbits
20 Hearty Chicken Stew Italian Vegetables Fresh Fruit WW Roll w/Butter	21 Chicken Broccoli Alfredo Italian Vegetables Fresh Fruit	22 Salisbury Steak Mashed Potatoes w/Gravy Pickled Beets Pears	23 CLOSED FOR THANKSGIVING 	24 CLOSED FOR THANKSGIVING 
27 Roast Chicken w/Gravy Roasted Root Vegetables Baked Beans Chicken Gravy Fresh Fruit	28—Soup & Sandwich! Broccoli Cheese Soup Egg Salad Sandwich on a Bun w/Mustard, Lettuce, Tomatoes & Fresh Dill Pickle Slices Fresh Fruit	29 Zen Sweet and Sour Pork On Brown Rice Asian Blend Vegetables Pineapple Tidbits	30 Lasagna Mixed Vegetables Canned Peaches	<u>Reservations or Cancellations REQUIRED by 1:00 pm the day before attending.</u> 715-682-4414 x. 0 <u>*FYI - Ashland Friday Congregate Meals @ Northland College*</u>