

**Senior Nutrition Program:
Sanborn Senior Dining Site &
Meals on Wheel Menu**



**September
2023**



**Serving
persons 60+
years of age
regardless of
income or
Assets**

**Actual Cost/Guest Fee
for people under 60
unless
accompanied by their
senior spouse is \$8.00**

**RESERVATIONS OR
CANCELLATIONS:**

**Sanborn Site
715-278-3955**

**Mellen Site
715-274-8251**

**Glidden Site
1-888-682-7672**

**Butternut Site
715-769-9417**

**Main Office
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

www.ashlandaging.org

Monday	Wednesday	Thursday
<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 \$9.00.</p>	<p><u>Starting Friday September 8th!</u></p> <p><u>Congregate Dining for Ashland on Fridays will be at Northland College in the Ponzio Center.</u></p>	<p><u>Ponzio Center Dining is available to all 60+ participants. YOU MUST BE REGISTERED to eat with us BEFORE you can attend this site! Call or visit the Aging Office for more information!</u></p>
<p>4 CLOSED FOR LABOR DAY NO meals, HD meals, or Busses</p> <p align="center"> LABOR DAY</p>	<p>6 Garlic Herb Pork Loin w/Gravy Baked Beans Broccoli WW Bread w/Butter Orange</p> <p>BINGO</p>	<p>7 Meatloaf Mashed Potato w/Gravy Sliced Beets WW Roll w/Butter Chocolate Black Bean Cake w/Chocolate Icing</p> <p>BIRTHDAY MEAL</p>
<p>11 Chili Mac & Crackers Broccoli Cuts Crackers Fresh Fruit</p>	<p>13 Country Gravy w/ Biscuit Sausage Patty Roasted Tomato Halves Grape Juice Fresh Fruit</p> <p>BINGO</p>	<p>14 Chopped Beef Steak w/Gravy Peppers & Onions Mashed Potatoes WW Roll w/Butter Pineapple Chunks</p> <p align="right"></p>
<p>18 Garlic Herb Pork Loin Pickled Beets Mashed Potatoes & Gravy Broccoli Cuts Pears</p>	<p>20 Chicken Broccoli Alfredo Italian Vegetables Fresh Fruit</p> <p>BINGO</p>	<p>21 BBQ Pork Loin Veggie Blend Baked Beans WW Roll w/Butter Fresh Fruit</p>
<p>25 Baked Chicken w/Thyme Sauce Mashed Potatoes Brussels Sprouts WW Bread w/Butter Fresh Fruit 1/2 Cup</p>	<p>27 Santa Fe Chicken Bean Soup Italian Vegetables WW Bread w/Butter Fresh Fruit</p> <p>BINGO</p>	<p>28 Salisbury Steak Mashed Potatoes w/Gravy Pickled Beets WW Roll w/Butter Fresh Fruit</p>