

Ashland County Aging Unit, Inc. Senior Nutrition Program

Senior Dining Sites & Meals on Wheels



MARCH 2023



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
715-682-4414 x0

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.

All meals served contain at least 1/3rd of the RDA.

Menu subject to change if necessary without notice

Mon—All Sites	Tue—Ashland Only	Wed—All Sites	Thu—All Sites	Fri—Ashland Only
<p>\$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.</p>	<p>Meals served Monday - Friday in Ashland Kitchen serves from 11:30 a.m.—12:00 p.m. Dining Room open until 12:30 p.m.</p>	<p>1 Pepperoni Pizza Hotdish Italian Vegetables Fresh Pears</p>	<p>2 Pork Roast w/Gravy Mashed Potato Glazed Carrots Applesauce</p>	<p>3 Turkey Chili Green Beans Sweet Cornbread Pineapple Tidbits</p>
<p>6 Beef Stroganoff w/Brown Rice Mixed Vegetable Blend Fresh Fruit</p>	<p>7 Chicken Fajita on a Flour Tortilla w/Roasted Red Peppers & Onions, Cheddar Cheese Shredded Romaine Lettuce Mild Picante Salsa Pears</p>	<p>8 Garlic Herb Pork Loin Baked Beans Peas and Carrots WW Bread w/Butter Orange</p>	<p>9 Meatloaf Mashed Potato w/Gravy Sliced Beets WW Roll w/Butter Chocolate Cake w/ Chocolate icing BIRTHDAY MEAL</p> 	<p>10 Beef Liver & Onions Yellow Rice Steamed Green Beans Apple</p>
<p>13 Chili Mac & Crackers Broccoli Cuts Pear</p>	<p>14 Italian Meatballs w/Marinara WW Spaghetti Chopped Romaine Side Salad w/Tomatoes, Cucumber, Cheddar Cheese, and Ranch Dressing Peaches</p>	<p>15 Country Gravy w/ Biscuit Sausage Patty Roasted Tomato Halves Grape Juice Orange</p>	<p>16 Ham w/Brown Sugar Glaze Peas and Carrots Baked Beans WW Roll w/Butter Fresh Fruit</p>	<p>17 Soup & Sandwich! Turkey, lettuce, tomato, & cheese Sandwich Split Pea Soup Apple</p> 
<p>20 Garlic Herb Pork Loin Pickled Beets Brown Gravy & Rice Broccoli Cuts Pears</p>	<p>21 Beef Stew w/ Biscuit Sauteed Zucchini & Squash Fresh Fruit</p>	<p>22 Chicken Broccoli Alfredo Italian Vegetables Orange</p>	<p>23 Braised Beef Tips Steamed Carrots Mashed Potatoes WW Roll w/Butter Pineapple Chunks</p>	<p>24 Egg Salad Sandwich on WW Bread Four Bean Salad Fruit Cocktail</p>
<p>27 Baked Chicken w/Thyme Sauce Mashed Potatoes Brussels Sprouts WW Bread w/Butter Canned Peaches</p>	<p>28 Sloppy Joe on a Bun Peas and Carrots Creamy Cucumber Salad Fresh Apple</p>	<p>29 Santa Fe Chicken Bean Soup Italian Vegetables WW Bread w/Butter Fruit Cocktail</p>	<p>30 Salisbury Steak Mashed Potatoes w/Gravy Pickled Beets WW Roll w/Butter Fresh Fruit</p>	<p>31 Kielbasa Sausage on WW Bun w/Sauerkraut Parmesan Roasted Potatoes Fresh Fruit</p>