

# Ashland County Aging Unit, Inc. Senior Nutrition Program:

## *Senior Dining Sites & Meals on Wheels*

# April 2020



For persons 60 years of age & older, regardless of income or assets

Actual Cost/Guest Fee for people under 60 unless accompanied by their senior spouse is \$7.00

**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  
www.ashlandaging.org

Mon—All Sites	Tue—Ashland Only	Wed—All Sites	Thu—All Sites	Fri—Ashland Only
<b>Reservations (&amp; Cancellations) required by at least 2:00 pm the serving day before.</b> <b>Please call your local meal site OR the Aging Unit office</b> <b>All meals: served at 11:30 to 12:05 p.m., contain at least 1/3rd of the RDA, and served with 1% Milk</b> Menu subject to change if necessary without notice.		<b>1 Beef Stew over a Baking Powder Biscuit</b> Whole Kernel Corn Applesauce	<b>2 Pork Cutlet w/Mushroom Sauce over Steamed Brown Rice</b> Steamed Carrots Creamy Cole Slaw Cherry Crisp	<b>3 Hamburger Calico Bean Casserole</b> Steamed Red Cabbage Honeydew Whole Wheat Bread w/butter
<b>6 Hamburger Steak w/Brown Gravy</b> Baby Red Steamed Potatoes Peas & Carrots Sliced Pears WW Roll w/butter	<b>7 Breaded Chicken Patty on a buttered Bun</b> w/lettuce leaf & sliced tomato Pickled Beets Broccoli Salad Rhubarb Dessert	<b>8 Tomato Basil Soup</b> <b>Egg Salad Sandwich on Whole Wheat Bread</b> 3-Bean Salad Fresh Apple	<b>9 <u>Easter Meal</u></b> <b>Real Roasted Turkey</b>  Stuffing & Gravy Yams Cranberry Sauce Apple Pie Square with caramel sauce and whipped topping	<b>10</b>  <p style="text-align: center;"><b>Closed for Good Friday</b></p>
<b>13 Chicken Chop Suey</b> over Steamed Brown Rice Chow Mein Noodles Steamed Peas Tapioca Fruit Salad Fresh Kiwi	<b>14 Meatloaf in Brown Gravy</b> Mashed Potatoes & Gravy Steamed Bok Choy Pineapple Tidbits WW Bread w/butter	<b>15 Italian Sausage w/Linguine &amp; Alfredo Sauce</b> California Blend Veggies Fresh Strawberries Pumpkin Pie Squares	<b>16 Beef Tips Pepper Steak</b> w/peppers, onions & tomatoes over Mashed Potatoes Black Bean Brownie WW Roll w/butter	<b>17 <u>Brunch for Lunch</u></b> <b>Ham Potato Omelet Bake</b> Diced Peaches Cranberry Juice Raisin Bran Muffin
<b>20 Hot Pork Sandwich</b> on Whole Wheat Bread Mashed Potatoes Gravy Green Beans Baked Cinnamon Apple Slices	<b>21 Chicken Pot Pie</b> Buttered Beets Jello w/Peaches & Pineapple Fresh Orange	<b>22 Chef Salad</b> Romaine Lettuce, Tomatoes, Peppers, Diced Ham, Hard Boiled Eggs, Shredded Cheese, Croutons & Dressing Chocolate Chip Cookie Fresh Roll w/butter	<b>23 <u>Birthday Meal</u></b>  <b>Sloppy Joe on a buttered bun</b> Potato Salad Baked Beans Pickle Spear Carrot Cake w/Cream Cheese Frosting	<b>24 Turkey Dressing Casserole</b> Mixed Vegetables Pear Half w/Cranberry Salad
<b>27 Hamburger Rice Casserole</b> Steamed Spinach Fresh Apple Strawberry Whip Fruit Salad	<b>28 Hearty Beef Barley Soup</b> Egg Salad Sandwich on WW Bread Tomato Spoon Salad Fresh Green Grapes	<b>29 Cider-Braised Pork Loin</b> Scalloped Potatoes Peas & Carrots Cherry Dessert w/Cake Topping WW Bread w/butter	<b>30 Chicken Cacciatore</b> over WW Pasta Italian Blend Veggies Fresh Orange	<p style="text-align: center;"><b>Suggested Contribution:</b>  <b><u>\$3.25 per meal</u></b></p>