

Ashland County Aging Unit, Inc. Senior Nutrition Program: Senior Dining Sites & Meals on Wheels

November 2021



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
1 Hearty Chicken Stew over Steamed Rice Buttered Sliced Beets Mandarin Oranges Chocolate Pudding	2 Beef & Bean Taco Salad w/all the toppings Shredded Lettuce, Diced Tomatoes, tortilla chips Sour Cream & Mild Picante Sauce Blueberry Cobbler	3 Cider-Braised Pork Loin Scalloped Potatoes Steamed Spinach Fresh Banana Whole Wheat Roll w/butter	4 Meatballs in Brown Gravy Mashed Potatoes Winter Squash Sliced Peaches Whole Wheat Roll w/butter	5 Chicken Parmesan Marinara Italian Roasted Potatoes Italian Blend Vegetables Jello w/whipped topping Garlic Italian Bread
8 Beans & Wieners Au Gratin Potatoes Carrot Coins Pineapple Rings Whole Wheat Roll w/butter	9 Chicken Cacciatore Over Fettucine Noodles Mixed Vegetables Fruit Cocktail Oatmeal Cookie	10 <u>Birthday Meal</u>  Lasagna Corn Niblets Tossed Romaine Salad w/Tomatoes German Chocolate Birthday Cake	11 CLOSED in Observance of Veteran's Day 	12 Pork Stir Fry Over Steamed Brown Rice Peas & Carrots Applesauce Rye Bread w/butter
15 Polish Sausage w/Sauerkraut Buttered Potatoes & Carrots Diced Pears Marble Rye Bread w/butter	16 Country Fried Steak Herbed Potato Slices Steamed Broccoli Fresh Apple Whole Wheat Roll w/butter	17 Hearty Beef Barley Soup Egg Salad Sandwich on Whole Wheat Bread Fresh Orange Black Bean Brownie	18 <u>Thanksgiving Meal</u> <i>\$4.00 suggested donation</i> Roasted Turkey (Real) Mashed Potatoes & Gravy Stuffing—Green Beans Cranberries Pumpkin Pie w/whipped topping	19 <u>Brunch For Lunch</u> Ham Potato Omelet Bake Fresh Grapes Chilled Orange Juice Oatmeal Muffin
22 Cranberry Glazed Pork Cutlet Candied Yams Sweet Peas Applesauce Whole Wheat Roll w/butter	23 Hamburger Rice Casserole Green Beans Tomato Wedges Peach Delight Chocolate Chip Bean Muffin	24 Choice of Beef Liver OR a Hamburger Patty Smothered in Onions Dutchess Whipped Potatoes Spinach & Romaine Salad Sliced Pears Whole Wheat Roll w/butter	25 CLOSED in Observance of Thanksgiving	26 CLOSED in Observance of Thanksgiving
29 Sweet & Sour Pork Over Steamed Brown Rice Sesame Broccoli Lemon Fruit Salad	30 Porcupine Meatballs w/Sauce Over Egg Noodles Brussels Sprouts Three Bean Salad Jello w/crushed pineapple	Reservations (& Cancellations) required by at least 2:00 pm the serving day before. Please call your local meal site OR the Aging Unit office Suggested Contribution: <u>\$3.25 per meal</u> All meals: served at 11:30 to 12:05 p.m., contain at least 1/3rd of the RDA, and served with 1% Milk Menu subject to change if necessary without notice. The ACAUI will not be responsible for insuring that menu selections are free from allergens. Participants with life threatening food allergies are encouraged to bring substitute food items from home.		