

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

## March 2021



Mon—All Sites	Tue—Ashland Only	Wed—All Sites	Thu—All Sites	Fri—Ashland Only
<b>1 Chicken &amp; Bean Tamale Pie</b> Shredded Lettuce, Diced Tomatoes, Sour Cream & Mild Picante Sauce Pineapple Tidbits	<b>2 Bratwurst on a buttered Bun</b> Tater Tots Corn Niblets Fresh Banana	<b>3 Creamed Turkey over Rice</b> Diced Peas & Carrots Cottage Cheese & Tomato Wedge Baked Cinnamon Apples	<b>4 Meatballs in Brown Gravy</b> Mashed Potatoes Steamed Spinach Tapioca Fruit Salad Whole Wheat Roll w/butter	<b>5 Broiled Lemon Pepper Fish</b> w/tartar sauce Garlic Mashed Red Potatoes California Blend Vegetables Raspberry Jello w/diced Peaches Potato Roll w/butter
<b>8 Chicken Stew over a buttered Biscuit</b> Buttered Beets Pineapple Cobbler	<b>9 Swiss Steak</b> Parslied Buttered Noodles Steamed Cauliflower Buttered Carrots Mandarin Oranges Whole Grain Dinner Roll w/butter	<b>10 Ham Loaf Balls</b> Au Gratin Potatoes Green Beans Romaine Salad Chocolate Chip Bean Muffin	<b>11 Ring Bologna &amp; Sauerkraut</b> Duchess Whipped Potatoes Cherry Cobbler Dark Rye Bread w/butter	<b>12 Brunch for Lunch</b> <b>Scrambled Eggs</b> <b>Sausage</b> Oven Roasted Potatoes Chilled Tomato Juice Apple Crisp
<b>15 Beef Tips &amp; Mushroom Stroganoff</b> over Egg Noodles Mixed Veggies Fruit Fluff Fresh Orange  <i>Last day to order frozen meals</i>	<b>16 Chili w/crackers</b> Shredded Lettuce Salad Cornbread w/butter Fresh Apple	<b>17 St. Patrick's Meal</b> <b>Corned Beef Brisket &amp; Veggies</b> Steamed in Broth Pistachio Dessert Green Grapes Marble Rye Bread w/butter	<b>18 Baked Ham</b> Scalloped Potatoes Steamed Broccoli Diced Pears Whole Wheat Roll w/butter	<b>19 Macaroni &amp; Cheese &amp; Hard Boiled Egg</b> Stewed Tomatoes Steamed Asparagus Lime Perfection Salad
<b>22 Country Fried Steak in brown gravy</b> Mashed Potatoes Steamed Brussels Sprouts Peaches Whole Wheat Roll w/butter	<b>23 Sweet &amp; Sour Chicken</b> over Steamed Rice Oriental Blend Veggies Celery Sticks Berry Fruit Salad	<b>24 BBQ'd Pork Loin on buttered bun</b> Potato Salad Baked Beans Pineapple Tidbits	<b>25 Birthday Meal</b> <b>Lasagna Rotini Casserole</b> Steamed Spinach Lettuce Salad w/tomato & onion Yellow Birthday Cake w/Chocolate Frosting	<b>26 Fish Chowder</b> Cole Slaw Chocolate Pudding Potato Roll w/butter
<b>29 Baked Chicken Breast in gravy</b> Mashed Potatoes Steamed Broccoli Cranberry Sauce WW Roll w/butter	<b>30 Hamburger Calico Bean Casserole</b> Steamed Red Cabbage Honeydew Whole Wheat Bread w/butter	<b>31 Spaghetti w/Meat Sauce</b> Shredded Lettuce w/Tomato Corn Niblets Garlic Toast	<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>Suggested Contribution: <u>\$3.25 per meal</u></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. The ACAUI will not be responsible for insuring that menu selections are free from allergens. Participants with life threatening food allergies are encourage to bring substitute food items from home.	

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](http://www.ashlandaging.org)