

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

December 2021



Mon—All Sites	Tue—Ashland Only	Wed—All Sites	Thu—All Sites	Fri—Ashland Only
<p>Reservations (& Cancellations) required by at least 2:00 pm the serving day before.</p> <p>Please call your local meal site OR the Aging Unit office</p> <p>Suggested Contribution: <u>\$3.25 per meal</u></p> <p>All meals: served at 11:30 to 12:05 p.m., contain at least 1/3rd of the RDA, and served with 1% Milk</p> <p>Menu subject to change if necessary without notice.</p> <p><small>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.</small></p>				
<p>6 Open-Face Meatloaf in Gravy over Whole Wheat Bread Mashed Potatoes Green Beans Peaches</p>	<p>7 Italian Sausage w/Linguine & Alfredo Sauce Buttered Beets Tropical Fruit Salad Black Bean Brownie</p>	<p>8 Broccoli Cheese Soup Tuna Salad Sandwich on Whole Wheat Bread Tomato Spoon Salad Fresh Banana</p>	<p>9 <u>Holiday Meal</u> \$4.00 suggested donation Chicken Breast & Wing Buttered Baby Red Potatoes Peas & Carrots Cranberries—Cheesecake Whole Wheat Roll w/butter</p>	<p>10 Beef Tips Pepper Steak w/peppers, onions & tomatoes over Steamed Rice Wax Beans Berry Fruit Salad</p>
<p>13 Hot Pork Sandwich on Whole Wheat Bread Mashed Potatoes & Gravy Steamed Spinach Sliced Pears</p>	<p>14 Chicken Pot Pie Peas Pineapple Rings Blueberry Lemon Trifle</p>	<p>15 California Burger on a buttered Bun w/ Lettuce, Tomato & Onion w Baked Beans Potato Salad Cherry Dessert w/Cake Topping</p>	<p>16 <u>Birthday Meal</u> Boiled Ham Dinner w/Potatoes & Carrots, Rutabagas & Cabbage Mandarin Oranges Red Velvet Birthday Cake W Wheat Roll w/butter</p>	<p>17 <u>Brunch for Lunch</u> Scrambled Eggs Turkey Sausage Links Company Hashbrowns Fresh Grapes or Melon Chilled Juice—Coffeecake</p>
<p>20 Cheesy Pepperoni Pizza Hotdish Mixed Vegetables Peach Delight</p>	<p>21 Beef & Bean Tamale Pie w/ Salad Toppings Shredded Lettuce, Diced Tomatoes, sour cream, mild picante sauce Mexicali Corn Tapioca Fruit Salad Peanut Butter Bar</p>	<p>22 Baked Chicken Breast on a buttered Bun w/romaine lettuce leaf & sliced tomato Tater Tots Peas & Cheese Salad Pumpkin Pie</p>	<p>23</p> <p>CLOSED for Christmas Eve</p>	<p>24</p> <p>CLOSED for Christmas Day</p>
<p>27 Hamburger Steak w/Brown Gravy Mashed Rutabagas Brussels Sprouts Sliced Pears Whole Wheat Roll w/butter</p>	<p>28 Savory Tomato Basil Soup Egg Salad Sandwich on Whole Wheat Bread Broccoli Salad Fresh Banana</p>	<p>29 Chicken Alfredo Steamed Asparagus Sliced Tomatoes Lime Perfection Salad</p>	<p>30 Hamburger Calico Bean Casserole Herb Sliced Potatoes Carrot Coins Peaches Marble Rye Bread w/butter</p>	<p>31</p> <p>Closed for New Year's Eve</p>

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