

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

February 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 Chicken Breast w/Mushroom Sauce Parslied Buttered Brown Rice Steamed Spinach Cranberries Pineapple Tidbits	2 <u>Groundhog Day</u> “Ground” Beef Spanish Rice Casserole Corn Niblets Fresh Orange ‘Groundhog Dirt Pie’	3 Chicken Dumpling Soup Egg Salad Sandwich on Whole Wheat Bread Pickled Beets Pumpkin Pie	4 Meatloaf in Brown Gravy Herb Sliced Potatoes Mixed Vegetables Lemon Fruit Salad Chocolate Chip Bean Muffin	5 Turkey Noodle Casserole Sweet Peas Orange Juice Red Jello w/banana
8 Baked Hawaiian Ham Steamed Baby Red Potatoes Wax Beans Berry Fruit Salad Frosted Black Bean Brownie	9 Chicken Cacciatore Over Garlic Buttered Egg Noodles Green Beans Fruit Cocktail	10 BBQ’d Chicken Potato Salad California Veggies Apple Crisp WW Roll w/butter	11 <u>Valentine’s Meal</u> Cupids Salisbury Steak w/gravy Mashed Potatoes Glazed Carrots Peach Delight Dessert Whole Wheat Bread w/butter	12 California Burger on a buttered Bun w/Lettuce, Tomato & Onion Tater tots Romaine 7-Layer Salad Pineapple Cobbler
15 <p style="text-align: center;">CLOSED President’s Day</p>	16 Hot Beef Tips Over Mashed Potatoes & Gravy Steamed Broccoli Peaches WW Bread w/butter	17 <u>Ash Wed 2021</u> Broiled Lemon Dill Fish Au Gratin Potatoes Baked Beans Fresh Grapes Whole Wheat Roll w/butter	18 <u>Birthday Meal</u> Spaghetti with Meat Sauce  Shredded Lettuce Salad Fresh Apple Italian Bread w/butter Chocolate Birthday Cake	19 <u>Brunch for Lunch</u> Scrambled Eggs & Sausage Links Company Hashbrowns Tomato Juice Banana Raspberry Coffee Cake
22 Cranberry Glazed Pork Cutlet Candied Yams Peas Applesauce Whole Wheat Roll w/butter	23 Beef Stir Fry over Brown Rice Steamed Asparagus Cherry Cream Dessert Salad	24 Cheeseburger on a buttered bun Lettuce, tomato, & onion Tomato Spoon Salad Whipped Fruit Salad	25 Baked Chicken Mashed Potatoes & Gravy Steamed Red Cabbage Pears Whole Wheat Bread w/butter	26 Tuna Salad Sandwich on Whole Wheat Bread Broccoli Cheese Soup 3-Bean Salad Blueberry Lemon Trifle

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: \$3.25 per meal

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 encourage to bring substitute food items from home.