

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

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

August 2020 

Mon—All Sites	Tue—Ashland Only	Wed—All Sites	Thu—All Sites	Fri—Ashland Only
<b>3 Hot Meatloaf Sandwich</b> on WW Bread Mashed Potatoes & gravy Steamed Spinach Mandarin Oranges	<b>4 Chicken &amp; Bean Tamale Pie</b> Shredded Lettuce, Diced Tomatoes, Sour Cream & Mild Picante Sauce Fresh Watermelon Slice	<b>5 Hearty Beef Stew over Baking Powder Biscuit</b> Baked Cinnamon Apple Slices Fresh Banana	<b>6 Broiled Lemon Parslied Fish</b> w/tartar sauce Baked Potato w/butter & sour cream Creamy Coleslaw Cherry Dessert w/Cake Topping WW Roll w/butter	<b>7 BBQ'd Pork on a buttered Bun</b> Seasoned Potato Wedges Corn Niblets Fresh Apple
<b>10 Pork Cutlet in gravy Mashed Potatoes</b> Steamed Brussels Sprouts Peach Delight Dessert WW Roll w/butter	<b>11 Italian Sausage w/Linguine &amp; Alfredo Sauce</b> Steamed Asparagus Carrot Raisin Salad Fresh Grapes	<b>12 Turkey Dressing Casserole w/gravy</b> Candied Yams Sweet Peas Cranberry Crunch Salad	<b>13 California Cheeseburger on a buttered bun</b> w/Lettuce, Tomato & Onion Baked Beans Potato Salad Blueberry Lemon Trifle	<b>14 Chicken Rice Casserole</b> Steamed Broccoli Steamed Cauliflower Mixed Fresh Berries
<b>17 Turkey &amp; Cheese Sandwich on Whole Wheat Bread Tomato Basil Soup</b> Three Bean Salad Honeydew Slice	<b>18 Beef Shepherd's Pie</b> Sliced Tomatoes Rhubarb Dessert Whole Wheat Roll w/butter	<b>19 Porcupine Meatballs w/Sauce</b> Over Egg Noodles Lettuce Salad Green Beans Pineapple Tidbits	<b>20 Birthday Meal</b>  <b>Pork Loin Cut in Gravy</b> Baked Potato w/butter & sour cream Steamed Spinach Apple Sauce Strawberry Shortcake	<b>21 Hamburger Tater Tot Hotdish</b> Carrot Coins Kiwi Fruit WW Roll w/butter
<b>24 Tuna Noodle Casserole</b> Peas & Carrots Pineapple w/Cottage Cheese Cherry Crisp	<b>25 Chef Salad</b> Romaine Lettuce, Tomatoes, Peppers, Diced Ham, Hard Boiled Eggs, Shredded Cheese, Croutons & Dressing Apple Cobbler WW Roll w/butter	<b>26 Ham Loaf Balls</b> Au Gratin Potatoes Buttered Beet Slices Pear w/Cranberry Salad WW Roll w/butter	<b>27 BBQ'd Chicken</b> Baked Beans Corn Niblets Fresh Orange Potato Roll w/butter	<b>28 Brunch for Lunch</b> <b>Scrambled Eggs</b> <b>Sausage Links</b> Company Hashbrowns Chilled Juice Cantaloupe Slice Bran Muffin w/butter
<b>31 Hot Pork Sandwich</b> on Whole Wheat Bread Mashed Potatoes & Gravy Mixed Vegetables Applesauce	<p><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: \$3.25 per meal</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> <small>Menu subject to change if necessary without notice.</small> 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.</p>			