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

September 2020

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
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.	**1 Chicken Dumpling Soup** **Chicken Salad** Sandwich on WW Bread Marinated Black Bean Salad Fresh Grapes	**2 Salisbury Steak in Brown Gravy** Steamed Potatoes Steamed Asparagus Fresh Banana WW Bread w/butter	**3 Boneless Chicken Breast w/mushroom sauce** Parslied Buttered Steamed Rice Steamed Broccoli Cranberries Mandarin Oranges	**4 Macaroni & Cheese & Hard Boiled Egg** Stewed Tomatoes Green Beans Peaches w/Blueberry Salad
7 CLOSED **Labor Day**	**8 Beef Tips Pepper Steak** over Egg Noodles Steamed Spinach Strawberry Shortcake w/whipped topping	**9 Broiled Lemon Pepper Fish w/tartar sauce** Garlic Mashed Red Potatoes Buttered Beets Cherry Crisp WW Roll w/butter	**10 Hamburger on a buttered Bun** w/lettuce & tomatoes Baked Beans Potato Salad Fruit Fluff	**11 Turkey Pot Pie** Peas & Carrots Lime Perfection Salad
14 Beef Stir Fry over Steamed Brown Rice Oriental Veggies Sliced Pears	**15 Baked Ham w/Raisin Sauce** Dutchess Whipped Potatoes Carrot Coins Apple Sauce Whole Wheat Bread w/butter	**16 Chicken & Black Bean Chili w/crackers** Seven Layer Salad using Romaine Peach Slices Cornbread w/butter	**17 Lasagna** Corn Niblets Creamy Coleslaw Chocolate Pudding Italian Bread w/garlic butter	**18 Ham Potato Omelet Bake** Fresh Melon Wedge Chilled Juice Oatmeal Fruit Muffin
21 Polish Sausage on a buttered bun Steamed Baby Red Potatoes Buttered Carrots Fresh Orange	**22 Diced Chicken in Cream Sauce** Over Rosemary Rotini Pasta w/Tomatoes and Garbanzos Fresh Grapes	**23 Cider Braised Pork Loin** Scalloped Potatoes Steamed Broccoli Tropical Fruit Salad WW Bread w/butter	**24 <u>Birthday Meal</u>** **Baked Chicken Breast in gravy** Steamed Cauliflower Green Beans Cranberry Crunch Salad Spice Birthday Cake with Cream Cheese Frosting WW Roll w/butter	**25 Hot Beef Tips & Gravy** over Mashed Potatoes Steamed Red Cabbage Fruit Cocktail WW Bread w/butter
28 Hot Turkey Sandwich On Whole Wheat Bread Mashed Potatoes & Gravy Cranberries Kiwifruit	**29 Tuna Noodle Casserole** Peas Sliced Tomatoes w/Cottage Cheese Fresh Banana	**30 Chili w/Crackers** Marinated Cucumber Salad Mandarin Oranges Cornbread Muffin w/butter	**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.**	