

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*

# October 2020



Mon—All Sites	Tue—Ashland Only	Wed—All Sites	Thu—All Sites	Fri—Ashland Only
<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> <b>Menu subject to change if necessary without notice.</b> 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.			<b>1 BBQ'd Chicken</b> Baked Potato w/butter & sour cream Whole Kernel Corn Romaine Tossed Salad with Tomato Coconut Bar Whole Wheat Roll w/butter	<b>2 Fishwich Cheese Sandwich on buttered bun w/tartar sauce</b> Baked Yams & Apples Tapioca Fruit Salad
<b>5 Salisbury Steak with brown gravy</b> Mashed Potatoes Parslied Cauliflower Fruit Cocktail Potato Roll w/butter	<b>6 Pigs in a Blanket Casserole</b> Stewed Tomatoes Black Bean Brownie Marble Rye Bread w/butter	<b>7 Broiled Lemon Parslied Fish with tartar sauce</b> Paprika Baby Potatoes Steamed Spinach Peach Delight WW Bread w/butter	<b>8 Cheesy Pepperoni Pizza Hotdish</b> Fresh Winter Squash Pineapple Tidbits	<b>9 Brunch for Lunch</b> <b>Scrambled Eggs &amp; Sausage Links</b> Company Hashbrowns Melon Wedge Chilled Tomato Juice Raspberry Coffee Cake w/butter
<b>12 Chicken Chow Mein</b> over Steamed Brown Rice Oriental Veggies Chow Mein Noodles Pear & Cranberry Salad	<b>13 Beef &amp; Bean Tamale Pie w/Salad Toppings</b> Shredded Lettuce, Diced Tomatoes, Sour Cream & Mild Picante Sauce Lemon Sunshine Salad Fresh Orange	<b>14 Hamburger on a buttered Bun w/lettuce &amp; tomatoes</b> Sliced Tomatoes Tater Tots Pumpkin Pie	<b>15 Birthday Meal</b> <b>Roast Pork Loin in Gravy</b> Mashed Potatoes Steamed Broccoli Applesauce Chocolate Birthday Cake Potato Roll w/butter	<b>16 Lemon Pepper Chicken</b> Parslied Red Potatoes Green Beans Strawberry Jello w/Peaches WW Roll w/butter
<b>19 Baked Boneless Chicken Breast in Gravy</b> Candied Yams Corn Niblets Cherry Crisp WW Roll w/butter	<b>20 Beef Stew over a buttered Biscuit</b> Steamed Carrots Mandarin Oranges	<b>21 Turkey &amp; Cheese Sandwich on WW Bread</b> <b>Split Pea Soup</b> Romaine Lettuce Salad Crushed Pineapple	<b>22 BBQ'd Ham Balls</b> Au Gratin Potatoes California Blend Veggies Baked Cinnamon Apple Slices WW Roll w/butter	<b>23 Tuna Noodle Casserole</b> Sweet Peas Stewed Tomatoes Fresh Banana
<b>26 Diced Chicken in Alfredo Sauce over Linguine Noodles</b> Steamed Broccoli Peas & Cheese Salad Tropical Fruit Salad	<b>27 Baked Ham Chunks</b> Scalloped Potatoes Steamed Red Cabbage Pineapple Upside Down Cake Rye Roll w/butter	<b>28 Sloppy Joe on a buttered Bun</b> Baked Beans Potato Salad Jello w/Fruit Cocktail	<b>29 Halloween Monster Mash</b> <b>Spooktacular Spaghetti &amp; Meatballs</b> Ghoulish Green Beans Baked Apple Slices Garlic buttered Bread	<b>30 Brunch For Lunch</b> <b>Sausage Gravy over a buttered Biscuit</b> Sauteed Breakfast Veggies Fresh Cantaloupe