

August 2024 Meals on Wheels Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>To start or pause meals call 1 (906) 483-1155 between 8:30 a.m. and 3 p.m. the day before or earlier.</p> <p style="background-color: white; color: #004a7c; padding: 5px; display: inline-block; border-radius: 15px;">coppershores.org/mealsonwheels</p> <p style="margin-left: 20px;">📍 - Includes local ingredient(s)</p> | | | <p>Salisbury Steak Vegetables Rice Jell-O</p> <p style="text-align: right;">1</p> <p style="text-align: right;">📍</p> | <p>BBQ Chicken Pizza Salad Fresh Fruit</p> <p style="text-align: right;">2</p> <p style="text-align: right;">📍</p> |
| <p>Chicken Tenders Pickled Beets Applesauce Fruit Cup</p> <p style="text-align: right;">5</p> <p style="text-align: right;">📍</p> | <p>Turkey & Swiss Wrap Coleslaw</p> <p style="text-align: right;">6</p> <p style="text-align: right;">📍</p> | <p>Cheese Burger Ranch Potato Wedges Fresh Veggies Birthday Cake!</p> <p style="text-align: right;">7</p> <p style="text-align: right;">📍</p> | <p>South Western BBQ Pork Salad W.W. Roll Fruit</p> <p style="text-align: right;">8</p> <p style="text-align: right;">📍</p> | <p>Fresh Local Fish Ancient Grains Vegetables Fresh Fruit</p> <p style="text-align: right;">9</p> <p style="text-align: right;">📍</p> |
| <p>Brats W/Bun Green Beans Fruit</p> <p style="text-align: right;">12</p> <p style="text-align: right;">📍</p> | <p>Fiesta Chicken Salad W/Veggies Fruit & Yogurt Parfait</p> <p style="text-align: right;">13</p> <p style="text-align: right;">📍</p> | <p>Meatloaf Potatoes Vegetables Pudding</p> <p style="text-align: right;">14</p> <p style="text-align: right;">📍</p> | <p>Sweet & Sour Pork Vegetables Rice Cottage Cheese</p> <p style="text-align: right;">15</p> <p style="text-align: right;">📍</p> | <p>Taco Skillet Salad Fresh Fruit</p> <p style="text-align: right;">16</p> <p style="text-align: right;">📍</p> |
| <p>Honey Mustard Chicken, Rice, Vegetables, Coleslaw & Fruit</p> <p style="text-align: right;">19</p> <p style="text-align: right;">📍</p> | <p>CLOSED Meals will be delivered on Monday, August 19</p> <p style="text-align: right;">20</p> <p style="text-align: right;">📍</p> | <p>Ham Dinner Vegetables Potatoes Broccoli Salad</p> <p style="text-align: right;">21</p> <p style="text-align: right;">📍</p> | <p>Krupp's Pasties Coleslaw Slice Apples</p> <p style="text-align: right;">22</p> <p style="text-align: right;">📍</p> | <p>Local Fish Wild Rice Vegetables Salad Fresh Fruit</p> <p style="text-align: right;">23</p> <p style="text-align: right;">📍</p> |
| <p>Cabbage Rolls Pickled Beets Vegetables Fruit</p> <p style="text-align: right;">26</p> <p style="text-align: right;">📍</p> | <p>Chicken Bacon Ranch Salad W.W. Roll Jell-O W/Fruit</p> <p style="text-align: right;">27</p> <p style="text-align: right;">📍</p> | <p>Pannakaku Bacon Potatoes O'Brien Fruit</p> <p style="text-align: right;">28</p> <p style="text-align: right;">📍</p> | <p>Bison Pot Roast Veggies W.W. Roll</p> <p style="text-align: right;">29</p> <p style="text-align: right;">📍</p> | <p>Cranberry Balsamic Smothered Chicken Stewed Tomatoes Muffin</p> <p style="text-align: right;">30</p> <p style="text-align: right;">📍</p> |

All meals include 2% Milk. Menu may vary due to availability of supply and demand.