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Monday	Tuesday	Wednesday	Thursday	Friday	
To start or pause meals call 1 (906) 483-1155 between 8:30 a.m. and 3 p.m. the day before or earlier.	Turkey & Swiss Wrap ¹ Fresh Veggies Dipping Ranch Cookie 	Cheese Burgers ² Potato Wedges Vegetable Birthday Cake!! 	BBQ Pork ³ Red Potatoes Broccoli Whole Wheat Roll 	Cabbage Rolls ⁴ Brussel Sprouts Stewed Tomatoes Fresh Fruit 	
	Chicken Tenders ⁷ Vegetables Sliced Apples Cottage Cheese 	Ham & Cheese ⁸ Croissant Broccoli Salad Apple Sauce 	Meatloaf ⁹ Mashed Potatoes Green Beans Brownie 	Chicken Caesar Salad ¹⁰ Tomatoes Parmesan Cheese Caesar Dressing Fruit & Yogurt Parfait 	Bison Tips ¹¹ Noodles Green Beans Fresh Fruit 
	Orange Chicken ¹⁴ Rice Vegetables Fortune Cookie 	Sloppy Janes ¹⁵ Baked Beans Peas & Carrots Fruit Cup 	Ham Dinner ¹⁶ Sweet Potato Vegetables Biscuit 	Taco Skillet ¹⁷ Corn, Tomatoes, Black Beans, Cheese Rice Pineapple Delight 	Fresh Local Fish ¹⁸ Ancient Grains Vegetables Fresh Fruit 
	1/4 lb All Beef ²¹ Hot Dog w/Bun Potatoes Coleslaw Fruit Cup 	Teriyaki Chicken ²² Rice Vegetables Strawberry Dessert 	Pannukakku ²³ Bacon Oatmeal Fresh Melons 	South Western ²⁴ Steak Salad, Corn, Black Beans, Tomatoes, Carrots, Onions, Cheese, Whole Wheat Roll 	BBQ Chicken ²⁵ Pizza Salad Fresh Fruit 
	Chicken Cordon Bleu ²⁸ Three Bean Salad Apple Sauce Blueberry Muffin 	Spaghetti ²⁹ w/Meat Sauce Vegetables Garlic Bread Pudding Cup 	Sweet & Sour Pork ³⁰ Rice Stir Fry Veggies Brownie Delight 	Crispy Lemon ³¹ Chicken Breast Rice Vegetables Fruit Cup 	 Includes local ingredient(s) coppershores.org/mealsonwheels 

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