

January 2025 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<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> - Includes local ingredient(s)</p> <p> coppershores.org/mealsonwheels </p>		<p>CLOSED ¹</p> <p>(frozen meal delivered on Monday, December 30)</p>	<p>Ham, egg and cheese croissant ²</p> <p>Breakfast potatoes</p> <p>Fruit cup </p>	<p>Fresh local fish ³</p> <p>Ancient grains</p> <p>Salad</p> <p>Fresh fruit </p>
<p>Pork dinner ⁶</p> <p>Sweet potato puff</p> <p>Carrots and corn</p> <p>Cookie </p>	<p>Bison chili ⁷</p> <p>Corn bread</p> <p>Cottage cheese </p>	<p>Cheeseburgers ⁸</p> <p>Cole slaw</p> <p>Potato wedges</p> <p>Birthday cake </p>	<p>Chicken salad with ranch, carrots, cucumbers, tomatoes, croutons and cheese ⁹</p> <p>Strawberry delight </p>	<p>Baked ziti ¹⁰</p> <p>Garlic bread</p> <p>Fresh fruit </p>
<p>Teriyaki chicken ¹³</p> <p>Rice</p> <p>Veggies</p> <p>Cookie </p>	<p>Lamb stew ¹⁴</p> <p>Bisquit</p> <p>Jello </p>	<p>Meatloaf ¹⁵</p> <p>Mashed potatoes</p> <p>Veggies</p> <p>Pudding </p>	<p>Turkey dinner ¹⁶</p> <p>Baked potato</p> <p>Veggies</p> <p>Dinner roll </p>	<p>BBQ chicken pizza ¹⁷</p> <p>Salad</p> <p>Fresh fruit </p>
<p>BBQ pork ²⁰</p> <p>Cheesy potatoes</p> <p>Veggies</p> <p>Cookie </p>	<p>Beef tips and noodles ²¹</p> <p>Veggies</p> <p>Apple sauce </p>	<p>Pannukaku ²²</p> <p>Bacon</p> <p>Potatoes</p> <p>Fruit </p>	<p>Chicken caesar salad ²³</p> <p>Fruit and yogurt parfait </p>	<p>Cabbage roll casserole ²⁴</p> <p>Three bean salad</p> <p>Potatoes</p> <p>Fresh fruit </p>
<p>Sloppy joes ²⁷</p> <p>Veggies</p> <p>Fruit </p>	<p>Cheesy beef casserole ²⁸</p> <p>Veggies</p> <p>Garlic Bread </p>	<p>Orange chicken ²⁹</p> <p>Rice</p> <p>Veggies</p> <p>Blueberry crumble </p>	<p>Ham dinner ³⁰</p> <p>Sweet potato</p> <p>Veggies</p> <p>Whole wheat roll </p>	<p>Broccoli chicken pizza ³¹</p> <p>Salad</p> <p>Fresh fruit </p>

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

HEALTHYLIVINGTIPS

Staying Healthy During the Winter



As we age our body's ability to maintain a constant temperature is diminished, and certain diseases and conditions may make controlling the body's temperature even more difficult.

As you spend time enjoying winter activities such as skating, skiing and building snowmen with your grandchildren, stay on the lookout for signs of hypothermia. These signs include:

- Shivering
- Loss of motor control
- Cold skin
- Discoloration of ears, fingers, nose or toes
- Drowsiness
- Confusion
- Speech difficulties

Although winter can be dangerous, it's important to remain active. Take steps now to prepare for the winter months and enjoy them safely. There are many ways to be safe this winter:

- Avoid going out during storms or when the temperature is very low.
- Keep your home warm, even when you are out. Coming home to a warm home is an easy way to prevent frostbite and hypothermia.
- If you think you or a loved one is suffering from hypothermia, call 911 immediately.

Useful Resources

Administration on Aging Health Related Resources

http://www.aoa.gov/AoARoot/Preparedness/Resources_Individuals/Health_Resources.aspx

National Institute on Aging: Stay safe in cold weather!

<http://www.nia.nih.gov/HealthInformation/Publications/staysafe/>



FOR MORE INFORMATION ABOUT AOA U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES,
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