























 **March 2025 Meals on Wheels Menu** 



Monday	Tuesday	Wednesday	Thursday	Friday
Lamb stew 3 Whole wheat rolls Fruit cup 	Chicken and rice 4 Casserole Vegetables Fresh fruit 	Snow Day 5 	Snow Day 6 	Steak caesar salad 7 Ancient grains Vegetables Pineapple delight 
Ham dinner 10 Fruit and yogurt parfait 	Fresh fish 11 Mafalda pasta Vegetables Watermelon 	Ham egg and cheese croissant 12 Baked potatoes Vegetables Birthday cake 	Meatloaf 13 Vegetables Jello 	Pepperoni, ham, musroom and onion pizza 14 Salad Carrot cake oatmeal 
Pork pot pie 17 Cookie 	Cranberry chicken thighs 18 Rice Squash Fresh fruit 	Roast bison dinner 19 Mashed potatoes Vegetables Cucumber salad 	Chicken salad 20 tomatoes, carrots, onions, red pepper, cheese and croutons Whole wheat roll 	Turkey and swiss sandwiches 21 Fresh vegetables, ranch Blueberry cheesecake 
Taco skillet 24 Tortilla chips Salsa Fruit cup 	Chicken ziti 25 Vegetables Fruit and yogurt parfait 	Cheeseburger 26 Vegetables Coleslaw 	Sweet and sour pork 27 Rice Stir fry vegetables Jello 	BBQ chicken pizza 28 Salad Brownie delight 
Sasauge tortellini soup 31 Carrot salad Cookie	 <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>			

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

Top 10 Polyphenols

Polyphenols come from plants, and they produce substances that benefit you and your gut bacteria. You can reduce your risk of disease and improve your gut bacteria balance by eating more polyphenol-rich foods like those shown below.



pomegranate



cranberries



**dark chocolate
(70% or higher)**



herbs & spices



black & green olives



blueberries



black elderberries



flaxseed



almonds



red onions

for more information, please visit
www.healthtakesguts.com