

December 2024 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Tater Tot Casserole 2 Cucumber Salad Fruit	BBQ Chicken 3 Potatoes Veggies Jell-O	Creamy Mushroom & Pork Dinner 4 Rice, Veggies Biscuit	Chicken Cheddar Wrap 5 Fresh Veggies Hummus	Fresh Fish 6 Ancient Grains Veggies Fresh Fruit
Chicken Sandwich 9 Veggies Coleslaw	Beef Tips & Noodles 10 Veggies Cottage Cheese	Meatloaf 11 Potatoes Veggies Birthday Cake!	Chopped Chicken 12 Cobb Salad Whole Wheat Roll	Ham & Pepperoni 13 Pizza Salad Fresh Fruit
Cheeseburger 16 Green Beans Apple Slices Cookie	Roasted Pork 17 Cauliflower & Onions Rice Broccoli Salad	Pannukakku 18 Bacon Potatoes Blueberry Crumble	Beef Parmesan 19 Noodles, Veggies Garlic Bread Muffin	Ham Dinner 20 Sweet Potatoes Veggies Fresh Fruit
Roasted Pork 23 Mixed Veggies Quinoa Strawberry Shortcake	CLOSED 24 (frozen meal delivered on Monday)	CLOSED 25 (frozen meal delivered on Monday)	Chicken Salad 26 Fruit & Yogurt Parfait	Cabbage Casserole 27 Rice Veggies Fresh Fruit
Chicken Salad Sandwich 30 Fresh Veggies with Ranch Fruit	CLOSED 31 (frozen meal delivered on Monday)	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <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>coppershores.org/mealsonwheels</p> </div> </div> <p style="font-size: 0.9em; margin-top: 5px;"> - Includes local ingredient(s) </p>		

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