




















April 2025 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday	
	Chicken tenders 1 Peas and carrots Ranch dipping sauce Fruit	Scrambled eggs 2 Breakfast potatoes Turkey bacon Grapes	Chicken caesar salad 3 Fruit and yogurt parfait Garlic bread 	Fresh local fish 4 Rice Vegetables Fruit 	
	Turkey sandwich 7 Fresh vegetables Ranch dressing Applesauce 	Chicken alfredo 8 Vegetables Jello 	Roast beef dinner 9 Red potatoes Vegetables Birthday cake 	BBQ pork 10 Vegetables Fruit Whole wheat roll 	Hawaiian pizza 11 Salad Fruit 
	Beef tips & noodles 14 Vegetables Fruit and yogurt parfait	Chicken dinner 15 Baked beans Vegetables Applesauce 	Cheeseburger 16 Green beans Tater tots Jello 	Garden salad with chicken 17 Brownie 	Tuna sandwich 18 Cucumbers and peppers Ranch dressing Fruit
	Spaghetti with meat sauce 21 Vegetables Garlic bread 	Chicken sandwich 22 Coleslaw Fruit	Meatloaf 23 Mashed potatoes Vegetables Pudding 	Marinated lamb 24 Sweet potatoes Vegetables Cookie 	Chicken and broccoli pizza 25 Salad Fruit 
	Pannukakku 28 Turkey sausage Watermelon Potatoes	Orange chicken 29 Rice Stir fry vegetables Fortune cookie 	Chili 30 Corn bread Fruit 	  - Includes local ingredient(s) <a data-bbox="1803 1338 2583 1403" href="https://coppershores.org/mealsonwheels">coppershores.org/mealsonwheels To start or pause meals call 1 (906) 483-1155 between 8:30 a.m. and 3 p.m. the day before or earlier.	

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