























May 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>Ham, egg and cheese croissant 5 Watermelon Rice crispy treat </p>	<p>Sweet-n-sour pork 6 Rice Stir fry vegetables  Fortune cookie </p>	<p>Cheeseburger 7 Potato wedges Broccoli salad  Birthday cake </p>	<p>Southwest chicken salad 1 Jello Whole wheat roll </p>	<p>Fresh fish 2 Rice Vegetable Fruit </p>
<p>Sausage spinach and tortellini soup 12 Crackers Apple slices </p>	<p>Lamb stew 13 Garlic bread Cole slaw </p>	<p>Meat loaf 14 Mashed potatoes Vegetable Jello with fruit </p>	<p>Chicken alfredo 15 Cucumber salad Blueberry muffin </p>	<p>Sloppy joes 16 Baked beans Vegetable Fruit </p>
<p>Corned beef and cabbage 19 Fruit-n-yogurt parfait </p>	<p>Bison tips and noodles 20 Vegetables Apple slices</p>	<p>Pannukakku 21 Bacon Breakfast potatoes </p>	<p>Chopped salad with ham and turkey 22 Whole wheat rolls </p>	<p>BBQ pork sandwich 23 Three bean salad Blueberry crumble </p>
<p>Brats with bun 26 Potato wedges Coleslaw </p>	<p>Honey glazed chicken 27 Rice Vegetables  Fruit cup </p>	<p>Roast beef 28 Baked potato Vegetables Cucumber salad</p>	<p>Turkey and swiss sandwich 29 Fresh vegetables Ranch Cookie</p>	<p>BBQ chicken pizza 30 Salad Strawberry Shortcake </p>

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

EMERGENCY PREPAREDNESS

FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

CREATE A NETWORK OF SUPPORT

TO HELP YOU IN CASE OF AN EMERGENCY.

PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES.



talk to a health care provider about what to do



identify an alternative power source for devices



inform your emergency contacts of the plan



Plan how you will **communicate** if you have a communication disability.



Plan for your **transportation** if you need help evacuating.



Plan how you will evacuate with any **assistive devices**.

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- ✓ Contact information for important people and care providers
- ✓ A list of medicines you need, dosage instructions, and any allergies
- ✓ Styles and serial numbers of all medical and assistive devices
- ✓ Need-to-know information for first responders and others who might need to help you



Food, water, and essentials for you and pets or service animals



Medicines, medical supplies, batteries, and chargers



Copies of Medicaid, Medicare, and other insurance cards