

April 2026 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 style="background-color: white; color: #004a7c; border-radius: 15px; padding: 5px; display: inline-block;">coppershores.org/mealsonwheels</p> <p> - Includes local ingredient(s)</p>		<p>Fish sandwich 1 Rice Applesauce Broccoli salad</p>	<p>Pork dinner 2 Peas and carrots Dinner Roll </p>	<p>Cabbage rolls 3 Cauliflower Brussels sprouts Fresh fruit</p>
<p>Ham, egg and cheese 6 croissant Potatoes Vegetables </p>	<p>Chicken broccoli 7 alfredo Garlic bread Pudding</p>	<p>Meatloaf 8 Potatoes Vegetables Birthday cake </p>	<p>Chicken tender 9 salad</p>	<p>Fresh fish 10 Rice Vegetables Fresh Fruit </p>
<p style="text-align: center;">CLOSED 13 Meals delivered on Apr. 10</p>	<p>Orange chicken 14 Stir fry vegetables Rice Fortune cookie </p>	<p>Cheeseburgers 15 Potato wedges Peas and carrots Pineapple delight </p>	<p>Spaghetti 16 Vegetables Dinner roll</p>	<p>Tuna sandwich 17 Fresh vegetables Ranch dressing Fresh fruit </p>
<p>Pannukakku 20 Sausage links Hash browns Fruit cup </p>	<p>Italian chicken 21 Potatoes Carrot salad Pudding </p>	<p>Beef tips and noodles 22 Vegetables Strawberry yogurt </p>	<p>BBQ pork sandwich 23 Pickled beets Vegetables Apple crisp </p>	<p>Chicken broccoli pizza 24 Salad Fresh Fruit</p>
<p>Omelette 27 Sausage pattie Potatoes Fruit cup</p>	<p>Lemon chicken 28 with potatoes Vegetables Cucumber salad </p>	<p>Sloppy joes 29 Stewed tomatoes Green beans Coleslaw </p>	<p>Pork, rice and 30 vegetable bowl Dinner roll Fruited jello </p>	

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

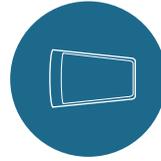


Start simple
with MyPlate



Cut Back on Added Sugars

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



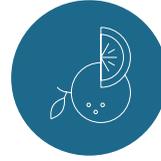
Think about your drinks

Balance your meal by drinking water instead of sugary drinks like soda, lemonade, or sports drinks. Try some sparkling water with a lemon wedge or a small piece of fresh fruit.



Enjoy a sprinkle or two

Skip the sugar and top your coffee with a dash of cinnamon, nutmeg, or cocoa powder instead. This adds a little variety to the flavor of your coffee.



Satisfy your sweet tooth

Indulge in a naturally sweet dessert—fruit! Enjoy a fresh fruit salad, baked apples with cinnamon, or a piece of fruit right out of the fridge.



Split the sweets

Share dessert with a friend. Half a pastry or slice of cake means only half the added sugars (and calories) for each of you.



Pick lower sugar options

Choose packaged foods that have less or no added sugars such as plain low-fat or fat-free yogurt, unsweetened applesauce, or canned fruit packed in its own juice or water.



Check the label

Added sugars are now prominently displayed on the [Nutrition Facts label](#) of packaged foods. Use this information to compare added sugars on similar products. Keep in mind that there are many names for added sugars, such as fructose, dextrose, maple syrup, and cane juice.



Dietary
Guidelines
for Americans

Go to [MyPlate.gov](#) for more information.
USDA is an equal opportunity provider,
employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**

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