

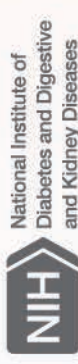
November 2026 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Sausage tortellini soup 2 Garlic bread Coleslaw	Chicken sandwich 3 Green beans Carrots Fruit cup	Meatloaf 4 Baked potatoes Vegetables Birthday cake	Broccoli chicken casserole 5 Cookie	Bacon cheeseburger 6 pizza Side salad Fresh fruit
Omelette 9 Hash browns Turkey sausage Jello	Bison tips and noodles 10 Vegetables Fruit cup	Chicken parmesan 11 Garlic bread Fruit and yogurt	Cheeseburger 12 Potato wedges Peas and pearls Muffin	Baked cod 13 Rice Vegetables Apple crisp
Chicken nuggets 16 Tater tots Vegetables Fruit cup	Turkey dinner 17 Mashed potatoes Mixed vegetables Cranberry sauce	Salisbury steak with 18 mushrooms, onions, & noodles Dinner roll Broccoli salad	19 Chicken caesar salad Fruited jello	Fish sandwich 20 Green beans Cauliflower Cookie
BBQ chicken pizza 23 Broccoli salad Fruit cup	24 Pork stew with potatoes Carrot salad	Baked ziti with 25 spinach Coleslaw Dessert	26 CLOSED (Meal to be delivered Wednesday, November 25)	27 CLOSED (Meal to be delivered Wednesday, November 25)
Spaghetti bake 30 Vegetables Garlic bread	To start or pause meals call 1 (906) 483-1155 between 8:30 a.m. and 3 p.m. the day before or earlier. coppershores.org/mealsonwheels - Includes local ingredient(s)			

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

Take Charge of Tomorrow



Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you prevent or manage diabetes.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov [in](#) [X](#) [f](#) [v](#) [@](#) [@niddkgov](#)



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coppershores.org/meals-on-wheels-news

Copper Shores Meals on Wheels is a program of Copper Shores Community Health Foundation. Copper Shores Community Health Foundation is a 501(c)(3) that complies with Title VI of the Civil Rights Act of 1964, which prohibits discrimination based upon race, color, and national origin.