

May 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; border-radius: 15px; padding: 5px; display: inline-block; margin: 5px 0;">coppershores.org/mealsonwheels</p> 📍 - Includes local ingredient(s)				<p style="text-align: right;">1</p> <p style="text-align: center;">Turkey waldorf salad Dinner roll</p> <p style="text-align: right;">📍</p>
<p>Ham, egg & cheese breakfast sandwich 4 Vegetable Applesauce</p>	<p>Chicken caesar salad 5 Breadstick Fruited jello 📍</p>	<p>Meatloaf 6 Baked potato Broccoli Birthday cake</p>	<p>Tuna salad sandwich 7 Fresh vegetables Pudding</p>	<p style="text-align: right;">8</p> <p style="text-align: center;">BBQ chicken pizza Side salad Fresh fruit</p> <p style="text-align: right;">📍</p>
<p>Pancakes 11 Sausage patties Potatoes Fruit cup 📍</p>	<p>BBQ chicken 12 Sweet potato Vegetables Applesauce 📍</p>	<p>Cheeseburgers 13 Potato wedges Broccoli salad</p>	<p>Sausage tortellini soup 14 Garlic bread Brownie dessert 📍</p>	<p style="text-align: right;">15</p> <p style="text-align: center;">Fish sandwich w/ tartar Vegetables Fresh fruit</p>
<p>Omelette 18 Sausage links Potatoes O'Brien Fruited jello 📍</p>	<p>Chicken sandwich 19 Rice Vegetables Carrot salad</p>	<p>Krupp's pasties 20 Salad with hard boiled egg 📍</p>	<p>Pork dinner 21 Stuffing Vegetables Dinner roll</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">Pepperoni, onion, & mushroom pizza Side salad Fresh fruit</p>
<p style="text-align: center;">CLOSED FOR MEMORIAL DAY (Meal to be delivered on May 22) 25</p>	<p>Cranberry balsamic chicken 26 Rice Vegetables Fruit cup 📍</p>	<p>Spaghetti 27 Vegetables Breadstick Blueberry crumble</p>	<p>Sweet & sour pork 28 Stir fry veggies Rice Cookie 📍</p>	<p style="text-align: right;">29</p> <p style="text-align: center;">Baked fish Rice Vegetables Fresh fruit</p> <p style="text-align: right;">📍</p>

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

National Diabetes Prevention Program

Working together to prevent type 2 diabetes

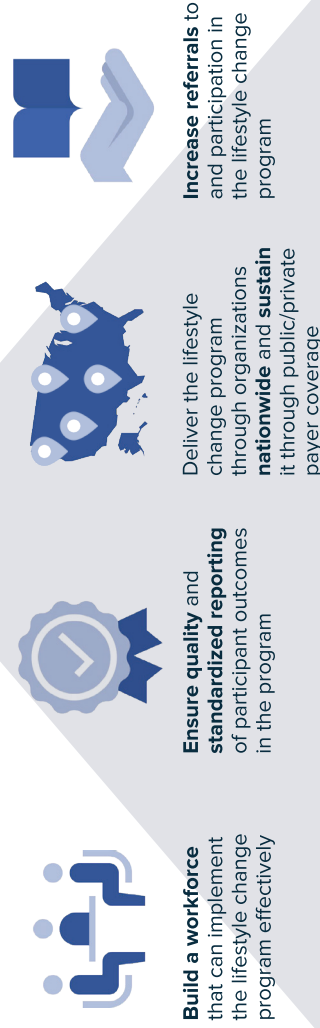


Lifestyle Change Program

A key part of the National DPP is a **lifestyle change program** that provides:

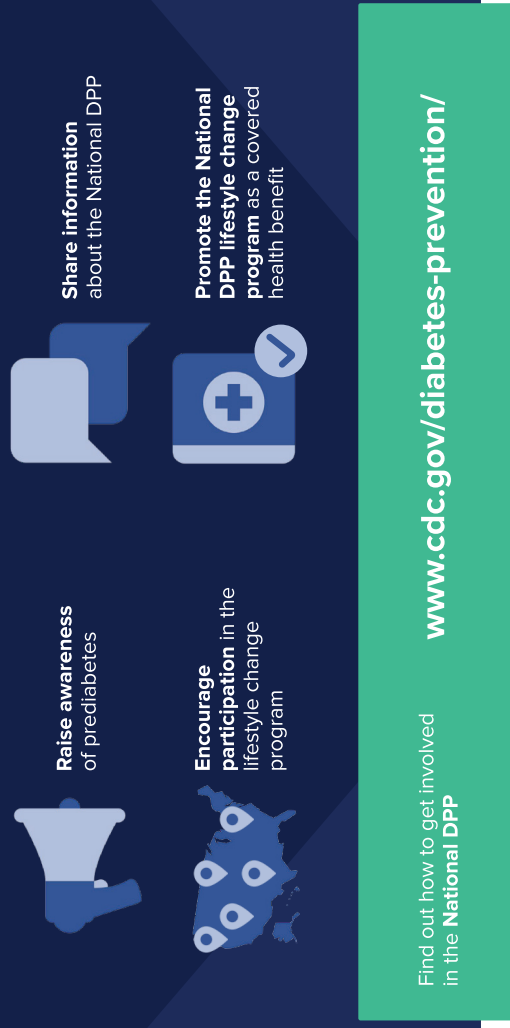


CDC is working to:



Join in this National Effort

Everyone can play a part in **preventing type 2 diabetes**.



CDC's **Division of Diabetes Translation** works toward a world free of the devastation of diabetes.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



Keep updated on all that is happening at Copper Shores Meals on Wheels. Sign up for our newsletter today!

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.