

December 2025 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Chef's choice breakfast Turkey sausage Potatoes O'Brien 1	Cheeseburger Vegetable blend Potato wedges 2	BBQ chicken Rice Cauliflower Birthday cake 3	Turkey wraps with swiss cheese & veggies Orange 4	Fresh fish Wild rice blend Broccoli Fresh fruit 5
CLOSED (Meals delivered on Dec. 5) 8	Brats Three bean salad Tater tots Fruit cup 9	Meatloaf Mashed potatoes Broccoli Dinner rolls 10	Chicken caesar salad Garlic bread Cookie 11	Pepperoni onion pizza Broccoli salad Fresh fruit 12
Chicken tenders Vegetable medley Rice Mixed fruit cup 15	Split pea soup with ham Biscuits Coleslaw 16	Beef stew Cucumber salad Muffin 17	Sloppy joes Green beans Pickled beets Pudding 18	Chicken pot pie Raspberry crumble 19
Pannukkaku Turkey sausage Breakfast potatoes Mixed berries 22	Chicken breast Sweet potatoes Brussels sprouts Fruit cup 23	CLOSED (Meals delivered on Dec. 23) 24	CLOSED (Meals delivered on Dec. 23) 25	Taco skillet Tortilla chips 26
Smothered chicken with mushroom and onion Green beans Rice 29	Tuna sandwich Apple sauce Cottage cheese 30	CLOSED (Meals delivered on Dec. 30) 31	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.



A SEASON OF WELL-BEING

Fall and winter can bring abundance, an opportunity to turn over new leaves and to harvest healthful gifts. It's a great chance to embrace gratitude, a practice that research suggests might help your health in numerous ways.

Here are a few things to enjoy and be thankful for:



Your morning coffee



A shared snack



Soft candlelight



A good book



A grateful mood



Walks together



Cat naps



Crisp apples



Warm socks



Sparkly snow



A favorite show



Chunky scarves



Festive foods



- Changing leaves
- Cozy time
- Letting go of expectations
- Looking forward to something



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