

February 2026 Meals on Wheels Menu

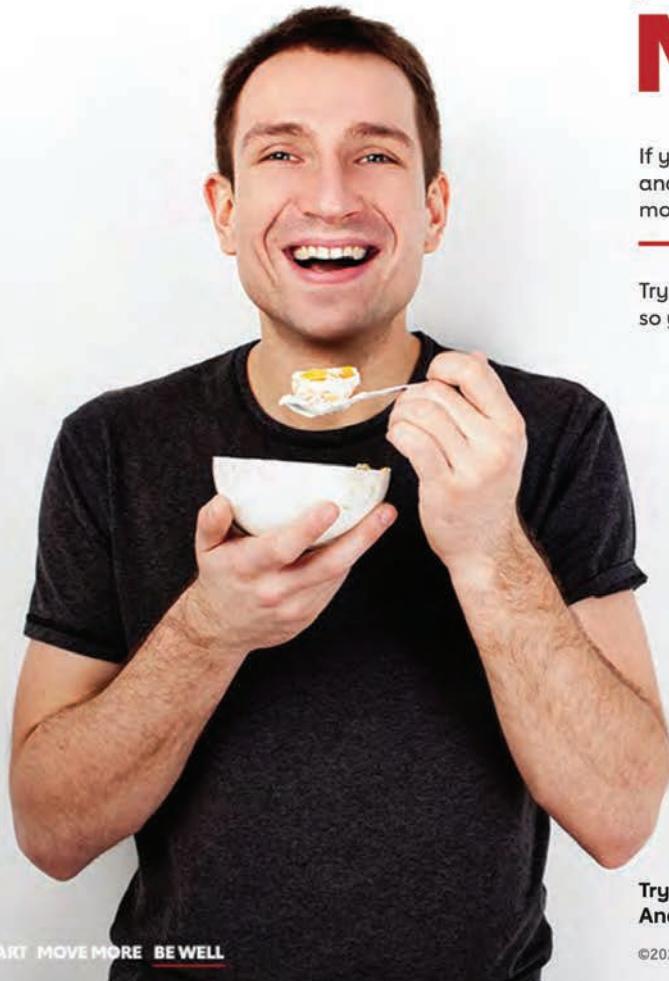


Monday	Tuesday	Wednesday	Thursday	Friday
Ham, egg & cheese croissant Breakfast potatoes Fruit cup	Sweet & sour pork Rice Stir fry veggies Fortune cookie	Turkey dinner Roasted potatoes Carrots Jello	Chicken broccoli alfredo Garlic bread Carrot salad	Beef stew Dinner roll Fresh fruit
Pannukkaku Turkey sausage Breakfast potatoes	Tater tot casserole Pudding	Ham dinner Baked sweet potatoes Peas & carrots Birthday cake	Chicken caesar salad Whole wheat roll	Baked fish Veggie medley Rice Fresh fruit
Omelette Turkey sausage Breakfast potatoes Fruit cup	BBQ pork sandwich Veggie blend Cottage cheese	Meatloaf Mashed potatoes Green beans Cucumber & tomato salad	Orange chicken Rice Stir fry veggies Fortune cookie	Pizza Side salad Cookie
Chili Corn bread Fruit cup	Turkey swiss wrap Fresh veggies Fruited jello	Cheeseburger Carrots Coleslaw Brownie	Ranch pork bites Mashed potatoes Veggie medley Chickpea salad	Lamb stew Whole wheat roll Raspberry crumble

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)



MAKE EVERY BITE A MEDITATION

If you want to put healthier eating habits on the menu, mindfulness may be a simple and effective place to start! It's not about dieting or restrictions – it's about taking a moment to take it in.

Try these easy ways to incorporate mindful eating into your day, so you can Eat Smart at every meal:



Ponder: Check in with yourself about your hunger before you eat – you may actually be thirsty, bored or stressed.



Appraise: Take a moment to take it in. How does it smell? Do you really want it? Is it more than you need?



Slow: Slow down so your brain can keep up with your stomach. Put your fork down between bites and focus on the flavor.



Savor: Enjoy your food. Take a moment to savor the satisfaction of each bite – the taste, texture, everything!



Stop: Stop when you're full – there's no need to join the clean plate club if it means overeating.

Try one or more of these tactics to help you eat more mindfully. And for more ways to be Healthy for Good, visit heart.org/HealthyForGood

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coppershores.org/meals-on-wheels-news