

February 2026 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Ham, egg & cheese croissant 2 Breakfast potatoes Fruit cup	Sweet & sour pork 3 Rice Stir fry veggies Fortune cookie	Turkey dinner 4 Roasted potatoes Carrots Jello	Chicken broccoli alfredo 5 Garlic bread Carrot salad	Beef stew 6 Dinner roll Fresh fruit
Pannukku 9 Turkey sausage Breakfast potatoes	Tater tot casserole 10 Pudding	Ham dinner 11 Baked sweet potatoes Peas & carrots Birthday cake	Chicken caesar salad 12 Whole wheat roll	Baked fish 13 Veggie medley Rice Fresh fruit
Omelette 16 Turkey sausage Breakfast potatoes Fruit cup	BBQ pork sandwich 17 Veggie blend Cottage cheese	Meatloaf 18 Mashed potatoes Green beans Cucumber & tomato salad	Orange chicken 19 Rice Stir fry veggies Fortune cookie	Pizza 20 Side salad Cookie
Chili 23 Corn bread Fruit cup	Turkey swiss wrap 24 Fresh veggies Fruited jello	Cheeseburger 25 Carrots Coleslaw Brownie	Ranch pork bites 26 Mashed potatoes Veggie medley Chickpea salad	Lamb stew 27 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/meals-on-wheels

 - Includes local ingredient(s)

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

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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EAT SMART MOVE MORE BE WELL

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coppershores.org/meals-on-wheels-news