



Monday	Tuesday	Wednesday	Thursday	Friday
<div>To start or pause meals call 1(906) 483-1155 between 8:30 a.m. and 3 p.m. the day before or earlier.</div>	<div>Creamy tarragon chicken 1</div> <div>Vegetables</div> <div>Coleslaw</div> <div>Fruit </div>	<div>Turkey swiss wrap 2</div> <div>Vegetables with ranch</div> <div>Jello </div>	<div>Brats 3</div> <div>Tater tots</div> <div>Vegetables</div> <div>Cookie </div>	<div> Frozen meal, delivered on Thursday, July 3. 4</div> <div>Kitchen and Meet & Eat sites closed</div>
	<div>Garlic & herb chicken 7</div> <div>Rice</div> <div>Vegetables</div> <div>Fruit</div>	<div>Sausage, egg and cheese croissant 8</div> <div>Breakfast potatoes</div> <div>Fruit & yogurt parfait </div>	<div>Chicken salad with ranch 10</div> <div>Whole wheat roll </div>	<div>Fresh fish 11</div> <div>Ancient grains</div> <div>Vegetables</div> <div>Fruit </div>
	<div>Roasted pork 14</div> <div>Rice</div> <div>Vegetables</div> <div>Pudding </div>	<div>Pannukakku 15</div> <div>Bacon</div> <div>Breakfast potatoes</div> <div>Fruit </div>	<div>Chicken alfredo 17</div> <div>Vegetables</div> <div>Broccoli salad </div>	<div>Pepperoni pizza 18</div> <div>Salad</div> <div>Fruit </div>
	<div>Ham and cheese sandwich 21</div> <div>Vegetables with ranch</div> <div>Fruit </div>	<div>BBQ pork dinner 23</div> <div>Baked beans</div> <div>Vegetables</div> <div>Fruit </div>	<div>Chicken salad 24</div> <div>Homemade muffin </div>	<div>Bison tips & noodles 25</div> <div>Vegetables</div> <div>Whole wheat roll</div> <div>Fruit </div>
	<div>Cabbage roll casserole 28</div> <div>Vegetables</div> <div>Pudding </div>	<div>Chicken sandwich 29</div> <div>Rice</div> <div>Vegetables</div> <div>Fruit & yogurt parfait </div>	<div>Beef stew 30</div> <div>Pineapple delight </div>	<div>Sausage tortellini soup 31</div> <div>Crackers</div> <div>Blueberry crumble </div>

SUMMER SAFETY FOR OLDER ADULTS



KNOW THE SIGNS OF HEATSTROKE.

- Fainting, unconsciousness
- Confusion, agitation, acting strangely
- Body temperature higher than 104°
- Dry, flushed skin, no sweating
- Very rapid or very slow pulse

Heatstroke is an emergency.
Call 911 right away.



Wear sunscreen and use it correctly.



Avoid direct sun, especially between 10 a.m. and 4 p.m.



Wear sunglasses any time you're outdoors.



Stay hydrated—drink fluids even if you don't feel thirsty.



Wear loose-fitting clothing. Natural fibers like cotton are best.



Cool your home with air conditioning or fans, or go to a cooler place.