

July 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="border: 1px solid white; border-radius: 15px; padding: 5px; display: inline-block;">coppershores.org/mealsonwheels</p>		Baked fish 1 Rice Vegetables Cottage cheese w/ fruit	2 Chicken salad Dinner roll	3 CLOSED (Meal to be delivered on Wednesday, July 1)
6 Lamb stew Pudding	7 Pannukakku Turkey sausage Breakfast potatoes Broccoli salad	8 Meatloaf Baked potatoes Vegetables Fresh fruit	9 Ham ,egg and cheese croissant Vegetables Muffin	10 Pepperoni pizza Salad Blueberry crumble
13 Potato crusted talapia Roasted sweet potatoes Vegetable Fruit and yogurt parfait	14 Turkey swiss wrap Fresh vegetables Fruit cup	15 Chicken caesar salad Breadstick Birthday cake	16 Lamb tips on noodles Broccoli salad Cookie	17 Lemon pepper chicken breast Rice Vegetables Fruit
20 Omelette with cheese Hash browns Turkey sausage Jello	21 Chicken sandwich Pickled beets Vegetables Pistachio pudding	22 Fish Sandwhich Vegetables Rice Muffin	23 Chicken tenders Roasted potatoes Vegetable cookie	24 Sausage pizza Salad Fruit
27 Spaghetti w/ Italian sausage Garlic bread Carrot salad	28 Garden salad w/ chicken Fruit cup	29 Cheeseburgers Potato wedges Vegetables Coleslaw	30 Crispy chicken Rice Vegetables Dinner roll	31 Quarter lb hot dog Baked beans Vegetables Berry crumble

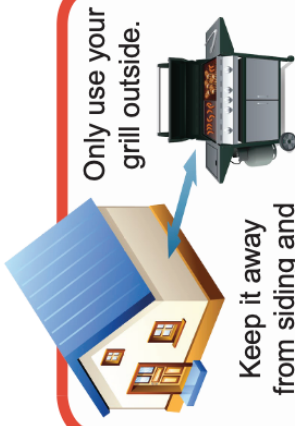
All meals include 2% Milk. Menu may vary due to availability of supply and demand.




GRILLING FIRE SAFETY

KNOWING A FEW FIRE SAFETY GRILLING TIPS WILL HELP EVERYONE HAVE A SAFE SUMMER.

Only use your grill outside.



Keep it away from siding and deck rails.



Keep a 3-foot safe zone around your grill and campfire.

This will keep kids and pets safe.


Clean your grill after each use. This will remove grease that can start a fire.



Place the coals from your grill in a metal can with a lid once they have cooled.



Open your gas grill before lighting.



Keep an eye on your grill, fire pit or patio torches. Never leave any of them unattended.



STAY FIRE-SAFE THIS SUMMER!

For more information and resources, visit www.usfa.fema.gov and www.nfpa.org.



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.