

 June 2025 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Ham, egg and cheese croissant 2 Potatoes Fruit 	Italian pork 3 Rice Vegetables Cottage cheese with fruit 	Meatloaf 4 Mashed potatoes Vegetables Birthday cake 	Chicken salad with ranch dressing 5 Blueberry muffin 	Fresh fish 6 Ancients grains Vegetables 
Chicken sandwich 9 Three bean salad Tater tots Fruit and yogurt parfait 	Ziti 10 Vegetables Garlic bread Fruit	Cheeseburgers 11 Potato wedges Vegetables Chocolate pudding 	Italian chicken 12 Rice Vegetables Fruited jello 	Pepperoni, mushroom and sausage pizza 13 Salad Oatmeal raisin cookie 
Use shelf-stable or frozen meal 16 Kitchen and Meet & Eat Sites Closed	Shelf-stable or Frozen meal delivery 17 Kitchen and Meet & Eat Sites Closed	Use shelf-stable or frozen meal 18 Kitchen and Meet & Eat Sites Closed	Shelf-stable or Frozen meal delivery 19 Kitchen and Meet & Eat Sites Closed	Use shelf-stable or frozen meal 20 Kitchen and Meet & Eat Sites Closed
Use shelf-stable or frozen meal 23 Kitchen and Meet & Eat Sites Closed	Sweet and sour pork 24 Rice Vegetables Fortune cookie 	Pannukakku 25 Bacon Potatoes Fruit 	Chicken caesar salad 26 Whole wheat roll 	Chicken broccoli pizza 27 Salad Chocolate chip pumpkin muffins 
Spaghetti with meat sauce 30 Vegetables Garlic bread 	 To start or pause meals call 1 (906) 483-1155 between 8:30 a.m. and 3 p.m. the day before or earlier.  - Includes local ingredient(s) coppershores.org/mealsonwheels			

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

7 Salty Myths Busted

MYTH: Eliminate sodium completely for good health.

Sodium is an essential nutrient that controls blood pressure and is needed to make nerves and muscles work properly, but you need the right amount.



MYTH: Sea salt has less sodium than table salt.

Sea salt is popular, but it usually isn't any less salty. Just like table salt, it typically contains 40% sodium.

MYTH: I usually don't salt my food, so I don't eat too much sodium.



Over 75% of sodium Americans consume is estimated to come from processed and ready meals – not the saltshaker.

That's why it's important to compare Nutrition Facts labels and serving sizes.

MYTH: High levels of sodium are only found in food.

Some **over-the-counter medications** contain high levels of sodium. Read drug labels carefully and remember that some companies produce low-sodium over-the-counter products.

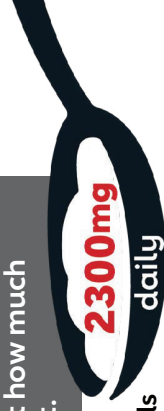


MYTH: Lower sodium foods have no taste.

There is a rich world of creative and flavorful **alternatives to salt**. Experiment with spices, herbs and citrus to enhance the natural flavor of your food!

MYTH: My blood pressure is normal, so I don't need to worry about how much sodium I eat.

The American Heart Association recommends no more than **2,300 milligrams (mg) a day** and moving toward an ideal limit of no more than 1,500 mg per day for most adults. Even cutting back by 1,000 mg a day can help improve your blood pressure and heart health.



MYTH: I don't eat a lot of salty food so I don't eat too much sodium.

Sodium is found in **almost all foods** including mixed dishes such as sandwiches, burgers and tacos; rice, pasta and grain dishes; pizza; meat, poultry and seafood dishes; and soups. Use the Nutrition Facts label to choose foods with the least sodium.

heart.org/Sodium