

June 2026 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Brats Baked beans Vegetables Jello 1	Roast beef dinner Potatoes Vegetables Coleslaw 2	Orange chicken Stir fry vegetables Rice Fortune cookie 3	Garden salad with Turkey Dinner Roll 4	Cabbage rolls Pickled beets Applesauce 5
Spaghetti baked squash Garlic bread Pudding 8	Sloppy janes Baked beans Vegetables Cucumber salad 9	Baked tilapia Rice Vegetables Birthday cake 10	Sausage egg and cheese croissant Breakfast potatoes Fruited jello 11	Broccoli chicken pizza Side salad Fresh fruit Muffin 12
Chicken tenders Baked beans Vegetable Fruit cup 15	Oriental pork bowl Vegetables Rice Fortune cookie 16	Beef tips and noodles Vegetable Dinner roll Carrot salad 17	Pannukakku Turkey sausage Breakfast p/otatoes Fruit cup 18	Fish sandwich Vegetables Rice Fresh fruit 19
Meat loaf Sweet potatoes Vegetables Cookie 22	Chicken salad with farm fresh veggies Cookie 23	Pork dinner Mashed potatoes Vegetables Jello 24	Taco skillet Muffin 25	BBQ chicken pizza Broccoli salad Fresh fruit Peach cobbler 26
Cheese burger Potato wedges Vegetables Fruit Cup 29	Baked ziti with spinach Cucumber salad 30	<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="text-align: center;">coppershores.org/mealsonwheels - Includes local ingredient(s)</p>		

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



STEP 2: SEPARATE

FOOD SAFETY QUICK TIPS



No touching
Raw meat, poultry, seafood, eggs, and flour should never come into contact with produce or any food that is ready-to-eat—keep them separate while shopping, storing, and cooking.



Put a lid on it
Place raw meats in sealed containers or plastic wrap on lower shelves of the fridge or freezer.



No yolking around
Storing eggs on the fridge door can expose them to uneven temperatures. Keep them on lower shelves instead, in their original carton.



Double up
If you can, use a separate set of cooking tools for raw meat, poultry, seafood, eggs, and flour. If you can't, wash them thoroughly in hot, soapy water between cooking with produce and cooking with meats, eggs, or flour.



Serve it safely
When grilling, barbecuing, or cooking meat, use different plates for raw and cooked meat.

Find more **Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill** at www.fda.gov/food

EVERYDAY FOOD SAFETY

July 2018



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