

March 2026 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Sloppy Janes Peas and carrots Fruit cup 2	Pork dinner Baked potato Glazed carrots Pudding 3	Pannukkaku Turkey sausage Breakfast potatoes 4	Chicken tenders Rice Pickled beets Cottage cheese with fruit 5	Beef stroganoff Dinner roll Coleslaw Fresh fruit 6
Sausage, spinach & tortellini soup Fruited jello 9	Turkey pot pie Cucumber salad 10	Meatloaf Mashed potatoes Carrots Birthday cake 11	Chicken salad Bread stick 12	Pepperoni & onion pizza Coleslaw Fresh fruit 13
Pancakes Bacon Potatoes Fruit cup 16	BBQ Pork Baked beans Peas Carrot salad 17	Cheeseburgers Potato wedges Green beans and carrots Fruit cup 18	Chicken stuffing casserole Broccoli salad 19	Tuna sandwich Fresh veggies Cookie 20
Sausage, egg and cheese croissants Potatoes Fruit cup 23	Sweet and sour pork Rice Stir fry veggies Fortune cookie 24	Chicken sandwich Veggie blend Apple slices Muffin 25	Salisbury steak Stewed tomatoes Broccoli Cottage cheese with fruit 26	Potato crusted tilapia Rice Veggies Fresh fruit 27
Quarter lb. hot dog Baked beans Veggies Jello 30	BBQ chicken Baked potato Veggies Cabbage salad 31	<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.

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

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