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Monday	Tuesday	Wednesday	Thursday	Friday
To start or pause meals call <b>1 (906) 483-1155</b> between 8:30 a.m. and 3 p.m. the day before or earlier.  <a href="https://coppershores.org/mealsonwheels">coppershores.org/mealsonwheels</a>   - Includes local ingredient(s)		Chicken tenders 1 Vegetables Apple sauce Birthday cake 	Garden salad 2 w/ vegetables and chicken Dressing  Jello	Taco skillet 3 (tomato, onion, beans, red peppers) Rice  Fresh fruit
Sausage, egg and cheese croissant 6 Breakfast potatoes Melon cup 	Corned beef and cabbage 7 Green beans Fruit cup 	Ham dinner 8 Baked sweet potato Vegetables Biscuit 	Crispy chicken 9 Rice Vegetables Fruited jello 	Pepperoni onion pizza 10 Salad Muffins 
Brats 13 Baked beans Vegetables Pudding 	Spaghetti with meat sauce 14 Vegetables Garlic bread 	Pannukkaku 15 Turkey sausage Potatoes Fruit 	Caesar salad with chicken 16 Whole wheat roll 	Fresh fish 17 Ancient grains Vegetables Pumpkin fluff 
Sausage spinach 20 Tortellini soup Vegetables Fruit cup 	Lamb stew 21 Vegetables (cabbage, onions, tomatoes, garlic, potatoes) Brownie delight 	Cheeseburger 22 Potato wedges Vegetables Coleslaw 	Turkey swiss wrap 23 Vegetables 	BBQ chicken pizza 24 Salad Fresh fruit 
Chicken pot pie 27 Fruit cup 	Sweet-n-sour pork 28 Rice Vegetables Fortune cookie 	Meatloaf 29 Mashed potatoes Vegetables Apple sauce cup 	Chicken salad 30 (lettuce, tomato, carrot, onion, cheese) Whole wheat roll 	Beef tips on noodles 31 Vegetables Fresh Fruit 

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