

October 2026 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday
To start or pause meals call 1 (906) 483-1155 between 8:30 a.m. and 3 p.m. the day before or earlier. coppershores.org/mealsonwheels			1 Chicken Salad Dinner Roll	2 Swiss steak Potatoes Cottage cheese with fruit Local vegetables
5 Fish sandwich Potato wedges Local vegetables Fruit cup	6 Sweet and sour pork Rice Vegetables Broccoli salad	7 BBQ chicken Baked beans Vegetables Birthday cake	8 Turkey and Swiss Wrap Jello	9 Pizza Side salad Berry crumble
12 Pancakes Bacon Hash browns Pudding	13 Ham dinner Rice Local vegetables Cucumber salad	14 Krupp's pasties Applesauce Cookie	15 Potato-crusted tilapia Rice Local vegetables Muffin	16 Meatloaf Roasted potatoes Local vegetables Fresh fruit
19 Chicken broccoli pizza Chips Coleslaw Jello	20 Turkey sausage, egg and cheese croissant Local vegetables Potatoes Fruit cup	21 Cheeseburger Potato wedges Local vegetables Coleslaw	22 Pannukakku Turkey sausage Mixed berry crumble	23 Cabbage rolls Local vegetables Pickled beet Fresh fruit
26 Sloppy Joes Local vegetables Tater tots Yogurt	27 Country pork bites Stuffing Local vegetables Fruit cup	28 Chicken salad Zucchini muffin Local vegetables	29 Beef tip & noodles Local vegetables Carrot salad Dinner roll	30 Baked whitefish Rice Local Vegetables Fresh fruit

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

Medicare Open Enrollment is
October 15 - December 7

SHIP can help.

Your State Health Insurance Assistance Program (SHIP) can help with one-on-one, unbiased guidance:

- Understanding costs and coverage
- Comparing options
- Completing the enrollment process



Find your local SHIP:
shiphelp.org • 877-839-2675



SHIP
State Health Insurance
Assistance Program



In the UP - Dial 211 to
be connected with a

SHIP is a national program of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services.



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Copper Shores Meals on Wheels. Sign up
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coppershores.org/meals-on-wheels-news

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