

September 2026 Meals on Wheels Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	Pepperoni and onion pizza Coleslaw Fruited jello	Pannukakku Turkey sausage Mixed berries	Lamb tips and noodles Vegetables Dinner roll	Chicken salad Bread stick
CLOSED (Meal to be delivered on Friday, September 4)	BBQ pork salad Roasted potatoes Vegetables Fruit cup	Spaghetti bake Side salad Garlic bread Pudding	Italian chicken Rice Vegetables Jello	Cabbage rolls Vegetables Baked beans Fresh fruit
Cheese omelet Potatoes Turkey sausage Diced pears	Tuna sandwich Carrot salad Fruit	Chicken caesar salad Birthday cake	Beef stew Dinner roll	BBQ chicken pizza Fresh fruit Pudding
Orange chicken Rice Vegetables Fortune cookie	Meatloaf Baked beans Apple slices Broccoli salad	Cheeseburger Potato wedges Cucumber salad Cookie	Ranch pork bites Rice Vegetables Berry crumble	Fish sandwich Potato wedges Vegetables Fresh fruit
Lemon chicken Rice Vegetables Cottage cheese	Baked fish Roasted potatoes Broccoli Jello	Ham, egg & cheese croissant Breakfast potatoes Applesauce	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/meals-on-wheels	

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

Take Control of Your Health:

6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**

Stay safe with these tips!

 1 Find a good balance and exercise program Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.	 2 Talk to your health care provider Ask for an assessment of your risk of falling. Share your history of recent falls.
 3 Regularly review your medications with your doctor or pharmacist Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.	 4 Get your vision and hearing checked annually and update your eyeglasses Your eyes and ears are key to keeping you on your feet.
 5 Keep your home safe Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.	 6 Talk to your family members Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit ncoa.org/FallsPrevention.

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ncoa
national council on aging



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