



# HOME DELIVERED MENU SEPTEMBER 2019

Catered by Lindley Food Service

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Labor Day</b> 2 Chicken Tenders Tater Tots Peas & Carrots Whole Grain Dinner Roll SF Cookie <i>Delivered Aug. 28<sup>th</sup></i>	3 Beef Tips w/Mushroom Gravy Mashed Potatoes Baby Carrots Pumpernickel Bread Pumpkin Cookie <b>DIET: Graham Crackers</b>	4 BBQ Pork Ribslets Molasses Baked Beans Succotash Whole Grain Corn Muffin Applesauce	5 Lasagna w/Meat Sauce Parmesan Cheese Packet Extra sauce 3 <sup>rd</sup> compartment Italian Green Beans Italian Bread Cinnamon Pears	6 Chicken Breast w/Honey Ginger Sauce Rice Pilaf Asian Vegetable Blend Whole Grain Dinner Roll Pineapple Tidbits
9 Diced Chicken w/White Country Gravy Mashed Sweet Potatoes Brussel Sprouts Pumpernickel Bread Chocolate Chip Cookie <b>DIET: SF cookie</b>	<b>Cold meal - Do not reheat</b> 10 Corned Beef Reuben Sandwich German Potato Salad Carrot-Pineapple Salad 2 Slices of Rye Bread Mustard Packet Diced Peaches	11 America Chop Suey Waxed Beans Whole Grain Bread Raspberry Cookie <b>DIET: SF Cookie</b> <i>(2 compartment tray)</i>	12 Pot Roast w/Brown Gravy 1/4rd Red Bliss Potatoes Carrot Coins Multigrain Bread SF Jell-O	13 Swiss Cheese Omelet Seasoned Home Fries Peppers & Onions Blueberry Muffin Fresh Orange
16 Meatloaf w/Brown Gravy Garlic Mashed Potatoes Diced Beets Whole Grain Corn Muffin Cinnamon Applesauce	17 Baked Macaroni & Cheese w/Diced Ham Broccoli Whole Grain Bread Fresh Pear <i>(2 compartment tray)</i>	18 Salmon Strips w/Newburg Sauce Vegetable Brown Rice Summer Vegetable Blend Whole Grain Dinner Roll Lemon Pudding <b>Diet: Applesauce</b>	<b>Statewide Double Meals</b> 19 Hawaiian Pork Roast Sweet Potato Wedges Peas & Onions Cracked Wheat Bread Mandarin Oranges	20 Diced Chicken w/Black Bean & Corn Salsa Yellow Rice w/Red Pepper Collard Greens Corn Muffin Melon <b>Meal Delivered on 9/19</b>
<b>Autumn Begins</b> 23 Breaded Crunch Pollack Tartar Sauce Packet Roasted Sweet Potato Green Beans Bulkie Roll Lorna Doone Cookies	24 Whole Grain Pasta & Meatballs in Marinara sauce Parmesan Cheese Packet Italian Vegetable Blend Garlic Roll Raisins	25 Cheddar-Burger Mustard & Ketchup Packets Potato Wedges Zucchini & Summer Squash Whole Grain Hamburger Bun Frosted Cupcake <b>DIET: SF Cookie</b>	26 Roast Turkey w/Gravy Cranberry Sauce Apple-Butternut Squash Garlic Mashed Potatoes Cracked Wheat Bread Fresh Apple	<b>Cold meal-Do not reheat</b> 27 Chicken Salad over Lettuce Three Bean Salad Cole Slaw Croissant Mandarin Oranges
30 Vegetarian Chili w/Cheddar Cheese Topping Mexicali Brown Rice Pilaf Corn Muffin Pineapple Tidbits <i>(2 compartment tray)</i>	<b>SUGGESTED DONATION:</b> <b>\$3.00 PER MEAL</b> <i>Make checks payable to:</i> <b>Meals on Wheels of RI</b> <b>70 Bath St.</b> <b>Providence, RI 02908</b> <b>(401) 351-6700</b>	<b>Please call in meal cancellations no later than 10:00 am the day before. You must be home to receive your meal. For your safety &amp; well-being coolers are not allowed.</b>	<b>Did you know that Tue - Fri we can schedule a meal delivery in advance of your scheduled appointments? Provide at least 2 business days advance notice &amp; you may not have to miss a meal.</b>	<i>Meals on Wheels of RI is a nonprofit organization funded in part by the U.S. Administration on Aging (AoA) &amp; state funds through the RI Office of Healthy Aging.</i>

**REFRIGERATE MEALS IF NOT EATING IMMEDIATELY \* MEAL WILL BE HOT AFTER REHEATING \* PLEASE HANDLE CAREFULLY**

**\*\*\* DO NOT REHEAT IN TOASTER OVEN \*\*\***

**Meal Reheating Instructions – Reheat to a temperature of at least 165° F**

**Microwave:** Peel back lid to vent or slit film in each compartment - reheat meal for 1.25 minutes – add 30 seconds as needed

**Conventional oven:** Pre-heat oven to 350 degrees F - Place meal on cookie sheet, peel back lid to vent & reheat for 10 minutes max

WGR – whole grain

SF = sugar free

LS = low sodium OR low sugar