


**MEALS ON WHEELS OF RI**

**HOME DELIVERED DECEMBER 2018 MENU**

*Menu subject to change*

*Catered by: Lindley Food Service*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna Roll-Up w/Meat Sauce Parmesan Cheese Italian Vegetable Blend Extra sauce 3 <sup>rd</sup> compartment Italian Bread Cinnamon Peaches <p style="text-align: right;">♥3</p>	Beef Tips w/Sherry-Thyme Gravy 1/4rd Roasted Potatoes Butternut Squash Oatmeal Bread Brownie <b>DIET: Grahams</b> <p style="text-align: right;">4</p>	<b>NEW MENU</b> Paprikash Chicken Whipped Yams Riviera Vegetables Whole Grain Dinner Roll Pudding <b>DIET: Applesauce</b> <p style="text-align: right;">5</p>	Sliced Roast Pork w/Gravy Roasted Potatoes Peas & Pearl Onions Whole Grain Dinner Roll Fresh Apple <p style="text-align: right;">6</p>	<b>Pearl Harbor Remembrance</b> Swiss Cheese Omelet O'Brien Potatoes Zucchini Blueberry Muffin Tropical Fruit Cup <p style="text-align: right;">7</p>
Swedish Chicken Meatballs Buttered Egg Noodles Brussel Sprouts Cracked Wheat Bread Fresh Pear <p style="text-align: right;">♥10</p>	BBQ Pork Riblet Baked Beans Succotash Whole Grain Corn Muffin Pudding <b>DIET: Cinnamon Applesauce</b> <p style="text-align: right;">11</p>	Salmon w/Lemon Dill Sauce Whipped Yams Cauliflower Pumpernickel Bread Chocolate Chip Cookie <b>DIET: SF Cookie</b> <p style="text-align: right;">12</p>	<b>NEW MENU</b> Shredded Beef Valdostano w/Mushrooms 1/4rd Roasted Potatoes Diced Beets Oatmeal Bread Diced Peaches <p style="text-align: right;">13</p>	Aloha Diced Chicken over Lo Mein Noodles Asian Vegetables Whole Grain Dinner Roll Pineapple Tidbits 2 compartment tray <p style="text-align: right;">14</p>
Stuffed Shells w/Meat & LS Tomato Sauce Parmesan Cheese Spinach Garlic Roll Hot Cinnamon Apple Slices <b>Double Meals</b> <p style="text-align: right;">♥17</p>	<b>Cold Plate – Do Not Reheat</b> Seafood Salad Three Bean Salad Cole Slaw Mini Kaiser Roll Diced Pears <p style="text-align: right;">18</p>	<b>Holiday Meal</b> LS Sliced Ham w/Raisin-Pineapple Sauce Apple-Butternut Squash Green Beans Snowflake Roll Cinnamon Cookie Bites <b>Double Meals</b> <p style="text-align: right;">19</p>	Pot Roast w/Gravy Mashed Potatoes Baby Carrots Whole Grain Wheat Bread SF Jell-O <p style="text-align: right;">20</p>	<b>Winter Begins</b> Vegetarian Chili w/Cheddar Cheese Topping Mexicali Brown Rice Pilaf Corn Muffin Pineapple Tidbits (2 compartment tray) <p style="text-align: right;">21</p>
<b>Meals on Wheels Closed</b> <p style="text-align: right;">24</p> Breaded Chicken Patty Ranch Dressing Packet Potato Wedges Mixed Vegetables Hamburger Roll Applesauce <b>To be delivered Dec. 19<sup>th</sup></b>	<b>Meals on Wheels Closed</b> <p style="text-align: right;">25</p> 	Chicken Parmesan Penne Pasta w/Tomato Sauce Chef's Choice Vegetables Italian Bread Frosted Cupcake <b>DIET: Unfrosted Cupcake</b> <p style="text-align: right;">26</p>	Meatloaf w/Brown Gravy Mashed Potatoes Mixed Vegetables Whole Grain Bread Fresh Orange <p style="text-align: right;">27</p>	Roast Turkey w/Gravy Cranberry Sauce Mashed Sweet Potatoes Peas & Onions Whole Grain Dinner Roll Cinnamon Applesauce <p style="text-align: right;">28</p>
<b>New Years Eve</b> <p style="text-align: right;">31</p> Chicken w/Peach Salsa Yellow Rice w/Red Pepper Collard Greens & Onions Whole Wheat Dinner Roll Diced Peaches	<b>SUGGESTED DONATION:</b> <b>\$3.00 PER MEAL</b>  <i>Make checks payable to:</i> Meals on Wheels of RI 70 Bath St. Providence, RI 02908 <b>(401) 351-6700</b>	<b>Did you know that we can schedule a meal delivery in advance of your scheduled appointments?</b>  <b>Provide at least 2 business days advance notice &amp; you won't have to miss a meal.</b>  <b>For your safety &amp; well-being coolers are not allowed.</b>	<p style="text-align: center;"><b>Please call in meal cancellations no later than 10:00 am the day before. You must be home to receive your meal.</b></p>	<p style="text-align: center;"><i>Meals on Wheels of RI is a non-profit organization funded in part by the U.S. Administration on Aging (AoA) &amp; state funds through the RI Division of Elderly Affairs</i></p>

***We are pleased to inform you that we received additional funding & will be providing an extra meal on days indicated by a "♥". These extra meals will be provided until the additional funding is no longer available.***

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

SF = sugar free    LS = low sodium    OR = low sugar

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Merry Christmas



Feliz  
Navidad



Vrolijk  
Kerstfeest

Fröhliche  
Weihnachten

