



# MEALS ON WHEELS OF RI

## HOME DELIVERED NOVEMBER 2018 MENU

Menu subject to change

Catered by: Lindley Food Service

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SUGGESTED DONATION:</b> <b>\$3.00 PER MEAL</b></p> <p>Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908</p> <p><b>(401) 351-6700</b></p>	<p><i>Did you know that we can schedule a meal delivery in advance of your scheduled appointments?</i></p> <p><i>Provide at least 2 business days advance notice &amp; you won't have to miss a meal.</i></p> <p><i>For your safety &amp; well-being coolers are not allowed.</i></p>	<p><i>Please call in meal cancellations no later than 10:00 am the day before. You must be home to receive your meal.</i></p> <p><b>**Daylight Savings Time Ends Nov. 4<sup>th</sup> – Turn clocks back 1 hour **</b></p>	<p>Pot Roast w/Gravy 1/4rd Red Bliss Potatoes Baby Carrots Whole Grain Bread Raisins</p>	<p>Diced Chicken Scallopini Over Buttered Egg Noodles Italian Vegetable Blend Whole Grain Roll Diced Peaches</p> <p>2 compartment tray</p>
<p>♥5 Pasta &amp; Meatballs w/Marinara Sauce Parmesan Cheese Green Beans Oatmeal Bread Diced Pears 2 compartment tray</p>	<p><b>Election Day</b> 6 Omelet w/American Cheese Home Fries Sauteed Spinach Blueberry Muffin Fruited Yogurt <b>Diet: Applesauce</b></p>	<p>7 Roast Pork w/Gravy Whipped Yams Broccoli Pumpnickel Bread Lemon-Blueberry Cookie Bites <b>DIET: SF Cookie</b></p>	<p>8 Meatloaf w/Brown Gravy Mashed Potatoes Diced Beets Whole Grain Roll Fresh Apple</p>	<p>9 Diced Lemon Dijon Chicken Vegetable Brown Rice Zucchini Whole Grain Bread Diced Peaches</p>
<p><b>Veterans Day Observed</b> 12</p>  <p><b>Meals on Wheels Closed</b></p>	<p>13 Lasagna Roll-Up w/Meat Sauce Parmesan Cheese Extra sauce 3<sup>rd</sup> compartment Italian Green Beans Whole Grain bread Brownie <b>Diet: SF Cookie</b></p>	<p>♥14 Breaded Pollock Tartar Sauce Tater Tots Peas &amp; Onions Whole Grain Hamburger Roll Lorna Doone Cookies</p>	<p>15 <b>Cold Plate– Do Not Reheat</b> Egg Salad Vegetable Pasta Salad Three Bean Salad Mini Kaiser Roll Sliced Apples</p>	<p>16 Diced Chicken w/Black Bean &amp; Corn Salsa Yellow Rice w/Red Pepper Collard Greens Corn Bread Pineapple Tidbits</p>
<p>♥19 Macaroni and Cheese w/Crumb Topping Stewed Zucchini &amp; Tomatoes Whole Grain Roll Fresh Apple 2 compartment tray</p>	<p>20 Roast Turkey w/Gravy Bread Stuffing Garnish Cranberry Sauce Mashed Potatoes Apple-Butternut Squash Snowflake Roll Diced Pears <b>Statewide double delivery</b></p>	<p>21 Beef Stew Diced Roasted Potatoes Carrots Whole Grain Bread Cupcake <b>DIET: Unfrosted Cupcake</b></p>	<p><b>Meals on Wheels Closed</b> 22</p> 	<p><b>Meals on Wheels Closed</b> 23 Chicken Piccata Rice Pilaf Tuscany Vegetable Blend Multigrain Bread Applesauce</p> <p><b>Meal to be delivered on Nov. 20<sup>th</sup></b></p>
<p>♥26 Salisbury Steak w/Brown Gravy Potato Wedges Corn Niblets Whole Grain Bread Fresh Orange</p>	<p>27 Salmon w/Dill Sauce Whole Grain Brown Rice Mashed Cauliflower Whole Grain Roll Lemon Pudding <b>DIET: SF Cookie</b></p>	<p>28 American Chop Suey Chef's Choice Vegetables Multigrain Bread SF Jell-O 2 compartment tray</p>	<p>29 BBQ Pork Riblet Baked Beans Collard Greens Corn Muffin Applesauce</p>	<p>30 Chicken a la King Diced Potatoes Peas &amp; Carrots Whole Grain Roll Pineapple Tidbits</p>

Meals on Wheels of RI is a non-profit organization funded in part by the U.S. Administration on Aging (AoA) & state funds through the RI Division of Elderly Affairs

**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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## FROM ALL OF US AT MEALS ON WHEELS OF RI



### **SAFE MEDICINE DISPOSAL**

Check all storage spaces for unused & expired medicine. Expiration dates are found on your medicine bottle or card. Getting rid of unused medicine will help:

- Avoid taking the wrong medicine or the wrong dose.
- Prevent unintended use of medicine, including pain medicines like opioids.
- Lower the risk of poisoning kids & pets.

### ***DO NOT SHARE YOUR MEDICINE WITH OTHERS.***

For more information on medicine disposal contact RI Dept. of Health at (401)222-5960 or [health.ri.gov/healthrisks/householdmedicalwaste](http://health.ri.gov/healthrisks/householdmedicalwaste) or RI Resource Recovery Corporation at (401)942-1430 or [atoz.rirrc.org/items/medications](http://atoz.rirrc.org/items/medications)

Ask your doctor or pharmacist how to properly dispose of unwanted or expired medicine. You can find the telephone number on your medicine bottle or card.