



**MEALS ON WHEELS OF RI
CAPITAL CITY CAFÉ JANUARY 2019 MENU**

Menu subject to change

Catered by: Encore

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SUGGESTED DONATION: \$3.00 PER MEAL</p> <p>Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence 02908</p> <p>Thank you for your donation. Donations help to maintain the meal program.</p>	<p><i>Meals on Wheels Closed 1</i></p> 	<p align="right">2</p> <p>Navy Bean Soup BBQ Pulled Chicken Sandwich on Wheat Cole Slaw Green Beans Fruit Egg Salad on Wheat</p>	<p align="right">3</p> <p>Minestrone Meatloaf w/Gravy Mashed Potato Wax Beans Brownie Chicken Salad on Wheat Roll</p>	<p align="right">4</p> <p>Lentil Soup Chicken Marsala Mashed Cauliflower Sliced Carrots Fruit Roast Beef on Bulkie</p>
<p align="right">7</p> <p>Split Pea Soup Shepherd's Pie Mashed Potato Whole Grain Biscuit Pound Cake BLT on Wheat</p>	<p align="right">8</p> <p>Escarole & Bean Soup Pepper Steak Mashed Sweet Potato Cauliflower Coffee Cake Greek Salad w/Chicken</p>	<p align="right">9</p> <p>Chicken Soup Pork Chop Suey Rice Pilaf Eggroll Fruit Cup Cheeseburger on Wheat</p>	<p align="right">10</p> <p>Fresh Fruit Chicken Stew w/Potatoes & Veggies Tossed Salad Wheat Roll Lorna Doone Cookies Ham Club on Wheat</p>	<p align="right">11</p> <p>Vegetarian Meal Vegetable Noodle Soup Tomato Mac n Cheese w/Whole Wheat Pasta Roasted Zucchini Breadstick Fruit Meatball Grinder</p>
<p align="right">14</p> <p>Minestrone Chicken w/Brown Gravy & Veggies Mashed Potato Peas Whole Wheat Roll Pudding Seafood Salad on Wheat</p>	<p align="right">15</p> <p>Barley & Lentil Soup Pork Chop w/Sauce Parsley Potato Spinach Fruit Chef Salad</p>	<p align="right">16</p> <p>Fresh Fruit White Bean Turkey Chili Tossed Salad Whole Grain Cornbread Oatmeal Raisin Cookie Pastrami Rueben on Rye</p>	<p align="right">17</p> <p>Cream of Broccoli Soup Roasted Turkey w/Gravy Stuffing Peas & Carrots Coffee Cake Sausage Sandwich on Wheat Roll</p>	<p align="right">18</p> <p>White Bean Soup Ground Beef Tacos w/Lettuce & Sour Cream Wheat Tortilla Rice Mixed Vegetables Fruit Cup Chicken Sandwich on Wheat Roll</p>
<p align="right">21</p>  <p>Meals on Wheels Closed</p>	<p align="right">22</p> <p>Vegetarian Meal Tomato Soup Cheese Lasagna Brussel Sprouts Italian Bread Fruit Tuna Salad on Wheat Roll</p>	<p align="right">23</p> <p>Pasta Fagioli Italian Seasoned Chicken Drumsticks Roasted Potato Broccoli Whole Wheat Roll Chocolate Cake Cobb Salad</p>	<p align="right">24</p> <p>Vegetable Stew Liver & Onions Mashed Potato Green Beans Brownie Italian Grinder</p>	<p align="right">25</p> <p>Lentil & Barley Soup Monte Cristo Sandwich on Whole Grain French Toast Cucumber Salad Baked Chips Fruit Turkey Club on Wheat</p>
<p align="right">28</p> <p>Cream of Mushroom Soup Beef & Broccoli Garlic Noodles Tomato Salad Fruit Ham & Swiss on Wheat</p>	<p align="right">29</p> <p>Vegetable & Bean Soup Chicken & Sausage w/Sauce Roasted Potato Baby Carrots Jell-O Seafood Salad Plate</p>	<p align="right">30</p> <p>Kale & Bean Soup Fish Bake w/Red Sauce Creamed Spinach Whole Wheat Roll Fruit Corned Beef & Cheese on Wheat</p>	<p align="right">31</p> <p>Italian Wedding Soup Italian Beef Sandwich on Whole Wheat Sub Roll Potato Wedges Peas and Carrots Pudding Chicken Caesar Salad w/Chicken</p>	<p>SERVING SIZE Vegetable – ¾ Cup Fruit – ¾ Cup Protein – 3 oz Dairy – 1 Cup Grains – 2 oz or ¼ Cup All menu items may contain nuts, seeds, beans, wheat, bran and other allergens.</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.



December 7, 2018

IMPORTANT INFORMATION ABOUT TRANSPORTATION SERVICES

The State of Rhode Island is changing its transportation vendor. The State’s contract with LogistiCare is ending on December 31, 2018. **Medical Transportation Management, Inc. (MTM) will be the State’s new transportation vendor, beginning January 1, 2019.**

Customer service is very important to us and the State has been working with both companies to make a smooth transition. Here is what you should know:

- Your benefits will not change.
- The phone number to make appointments is **not** changing. You can still call **1-855-330-9131** for your non-emergency medical transportation needs. If you have trips scheduled for December, these will not change.
- **Beginning on December 18th**, you can call MTM at **1-855-330-9131** to schedule rides for January. For example, if you have an appointment in 6 weeks, you can call and schedule a ride as soon as you know. MTM will give you a call the day before your appointment to confirm the pick-up time and type of vehicle.
- If you have regularly scheduled rides, like dialysis or adult day services, your provider will be working with you and MTM to schedule these to make sure you are all set for your rides beginning January 1, 2019.
- As part of MTM’s process to make sure you have the rides and services you need, your current level of service will not change during the transition period. MTM will work with you, a family member, caregiver, provider or facility to complete a new Level of Need (LON) form.

See below for additional contact information for MTM.

How to Request Transportation	Hours & Appointments	Additional Contacts
<p>Call: 1-855-330-9131, TTY 711 for trip reservations and where’s my ride</p>	<p>Hours of Operation: Monday – Friday 8 a.m. – 5 p.m. (EST)</p> <p>Routine Appointments: 48 business hours in advance</p> <p>Urgent Appointments: 24 hours per day/7 days per week</p>	<p>We Care Line: 1-866-436-0457 (for complaints)</p>