

**MEALS ON WHEELS OF RI  
HOME DELIVERED JANUARY MENU 2019**

Menu subject to change

Catered by: Lindley Food Service

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SUGGESTED DONATION: \$3.00 PER MEAL</b></p> <p><i>Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 <b>(401) 351-6700</b></i></p>	<p><i>Meals on Wheels Closed 1</i></p> <p align="center"><i>Happy New Year</i></p>	<p align="right">2</p> <p>Pollock Florentine Whole Grain Brown Rice Apple-Butternut Squash Whole Grain Roll Applesauce</p>	<p align="right">3</p> <p>Shepherd's Pie Corn Niblets Oatmeal Bread Fresh Orange <i>2 compartment tray</i></p>	<p align="right">4</p> <p>Chicken Pasta Primavera Green Beans w/Red Pepper Multi-grain Bread Hot Caramelized Pears</p>
<p align="right">7</p> <p>Dynamite Brown Rice Succotash Torpedo Roll Diced Peaches</p>	<p align="right">8</p> <p>Lasagna Roll-Up w/LS Meat Sauce Parmesan Cheese Italian Green Beans Extra sauce 3<sup>rd</sup> compartment Whole Grain Roll Fresh Apple</p>	<p align="right">9</p> <p>Roast Pork w/Apricot Glaze Mashed Sweet Potatoes Peas &amp; Pearl Onions Cracked Wheat Bread Double Chocolate Chip Cookie <b>DIET: SF Cookie</b></p>	<p align="right">10</p> <p>Omelet w/American Cheese Peppers &amp; Onions Corned Beef Hash Blueberry Muffin Mandarin Oranges</p>	<p align="right">11</p> <p>Diced Chicken Scaloppini Over Egg Noodles Tuscany Vegetable Blend Italian Bread Raisins</p>
<p align="right">14</p> <p>Rigatoni w/Meat Sauce Parmesan Cheese Riviera Vegetable Blend Garlic Roll Hot Cinnamon Peaches</p>	<p align="right">15</p> <p>Roast Turkey w/Gravy Cranberry Sauce Mashed Potatoes French Green Beans Cracked Wheat Bread Lemon Square <b>DIET: SF Cookie</b></p>	<p align="right">16</p> <p>Salmon Stir Fry over Lo Mein Noodles Asian Vegetables Oatmeal Bread Pineapple Tidbits</p>	<p align="right">17</p> <p>Pot Roast w/Brown Gravy Roasted Potatoes Baby Carrots Whole Grain Dinner Roll Applesauce</p>	<p align="right">18</p> <p>Chicken Caprese 1/4rd Red Bliss Potatoes Italian Vegetable Blend Multi-Grain Bread Fresh Pear</p>
<p align="right">21</p> <p align="center"><i>Martin Luther King "I have a dream"</i></p> <p><i>Meals on Wheels Closed</i></p>	<p align="right">22</p> <p>BBQ Pork Riblet Baked Beans Green Beans Corn Muffin SF Jell-O</p>	<p align="right">23</p> <p>Chicken a L'Orange Buttered Egg Noodles Country Style Vegetables Multi-Grain Bread Pudding <b>DIET: Cinnamon Applesauce</b></p>	<p align="right">24</p> <p>Meatloaf w/Gravy Mashed Potato Roman Vegetable Blend Oatmeal Bread Fresh Apple</p>	<p align="right">25</p> <p>Chicken Stew Roasted Potatoes Peas &amp; Carrots Biscuit SF Cookie</p>
<p align="right">28</p> <p>Chicken Meatball Stroganoff Buttered Egg Noodles Diced Beets Whole Grain Roll Pudding <b>DIET: Applesauce</b></p>	<p align="right">29</p> <p>Breaded Crunchy Fish Tartar Sauce Potato Wedges Zucchini Whole Grain Hamburger Roll Cupcake <b>DIET: Unfrosted Cupcake</b></p>	<p align="right">30</p> <p>Shredded Beef w/Mushroom Gravy Butternut Ravioli w/Brown Sugar Sage Sauce Broccoli Whole Grain Dinner Roll Fresh Orange</p>	<p align="right">31</p> <p><b>Cold Plate –Do Not Reheat</b> Chicken Salad Three Bean Salad Macaroni Salad Mini Kaiser Roll Lorna Doone Cookies</p>	<p align="right">Feb. 1</p> <p>Chicken-Broccoli Penne Alfredo Extra broccoli 2<sup>nd</sup> compartment Italian Bread Diced Peaches <i>2 compartment tray</i></p>
<p><i>Did you know that we can schedule a meal delivery in advance of your scheduled appointments? Provide at least 2 business days advance notice &amp; you won't have to miss a meal.</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.  For your safety &amp; well- being coolers are not allowed.</i></p>	<p align="center"><b>REFRIGERATE MEALS IF NOT EATING IMMEDIATELY MEAL WILL BE HOT AFTER REHEATING – PLEASE HANDLE CAREFULLY *** DO NOT REHEAT IN TOASTER OVEN ***</b></p> <p><b>Meal Reheating Instructions – Reheat to a temperature of at least 165° F</b>  <b>Microwave:</b> Peel back lid to vent or slit film in each compartment - reheat meal for 1.25 minutes – add 30 seconds as needed  <b>Conventional oven:</b> Pre-heat oven to 350 degrees F - Place meal on cookie sheet, peel back lid to vent &amp; reheat for 10 minutes max  <b>SF = sugar free    LS = low sodium    OR    low sugar</b></p>		



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 18<sup>th</sup>**, 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 style="text-align: center;"><b>Call:</b>  <b>1-855-330-9131, TTY 711</b>            for trip reservations and where's my ride</p>	<p style="text-align: center;"><b>Hours of Operation:</b>            Monday – Friday            8 a.m. – 5 p.m. (EST)</p> <p style="text-align: center;"><b>Routine Appointments:</b>            48 business hours in advance</p> <p style="text-align: center;"><b>Urgent Appointments:</b>            24 hours per day/7 days per week</p>	<p style="text-align: center;"><b>We Care Line:</b>  <b>1-866-436-0457</b>            (for complaints)</p>