



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

Menu subject to change

Catered by: Lindley Food Service

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, RI 02908 (401) 351-6700</p>	<p><i>Did you know that we can schedule a meal delivery in advance of your scheduled appointments? Provide us at least 2 business days advance notice & 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 & well-being coolers are not allowed.</i></p>	<p>1</p> <p>Chicken-Broccoli-Penne Alfredo Extra Broccoli 2nd compartment Italian Bread Diced Peaches 2 compartment tray</p>
<p>Lasagna Roll-Up 4 w/Meat Sauce Parmesan Cheese Packet Italian Green Beans Extra sauce 3rd compartment Whole Grain Roll LS Vanilla Cookie Bites</p>	<p>Chinese New Year 5 Diced Chicken Teriyaki Fried Brown Rice w/Egg, Peas & Carrots Asian Blend Vegetables Multigrain Bread Pineapple Tidbits</p>	<p>6 Fish w/Spinach Alfredo Sauce Egg Noodles Winter Vegetables Oatmeal Bread Pudding DIET: Applesauce</p>	<p>7 Roast Pork Loin w/Apple Cider Gravy Roasted Potatoes Diced Beets Corn Muffin Cinnamon Applesauce</p>	<p>8</p> <p>Cold Plate –Do Not Reheat Egg Salad Potato Salad Carrot & Raisin Salad Mini Kaiser Roll Fresh Apple</p>
<p>11 Beef Tips w/Sherry-Thyme Gravy Roasted Sweet Potatoes Cauliflower Whole Grain Roll Fruited Yogurt</p>	<p>12 Roast Turkey w/Gravy Cranberry Sauce Mashed Potatoes Apple-Butternut Squash Cracked Wheat Bread Fresh Pear</p>	<p>13 Pork Riblet Vegetarian Baked Beans Collard Greens Whole Grain Hamburger Bun Sliced Cinnamon Apples</p>	<p>14 Happy Valentine's Day Chicken Cordon Blue Roasted Red Bliss Potato California Vegetable Snowflake Roll Valentine Cupcake DIET: Unfrosted Cupcake</p>	<p>15</p> <p>Chicken Patty Mayonnaise Packet Potato Wedges Mixed Vegetables Mini Kaiser Roll Raisins</p>
<p>18  Meals on Wheels Closed</p>	<p>19 Swiss Cheese Omelet w/Diced Ham O'Brien Potatoes Spinach Blueberry Muffin Fruited Yogurt DIET: Applesauce</p>	<p>20 New Orleans Cajun Diced Chicken Whole Grain Brown Rice w/Chickpeas Fiesta Vegetables Whole Grain Roll Brownie DIET: SF Cookie</p>	<p>21 Pot Roast w/Gravy Mashed Potatoes Baby Carrots Pumpnickel Bread SF Jell-O</p>	<p>22</p> <p>Chicken Stew Roasted Potatoes Peas & Carrots Biscuit SF Cookie</p>
<p>25 Macaroni & Cheese w/Crumb Topping Stewed Tomatoes w/Lentils Whole Grain Roll Fresh Apple 2 compartment tray</p>	<p>26 Salmon Strips w/Dill Sauce Rice Pilaf Zucchini Whole Grain Wheat Roll Pudding DIET: Applesauce</p>	<p>27 Stuffed Shells w/Meat Sauce Parmesan Cheese Packet Chef's Choice Vegetables Extra sauce 3rd compartment Italian Bread Cinnamon Pears</p>	<p>28 Beef Burgundy Cheese Gnocchi Riviera Vegetables Cracked Wheat Bread Pumpnickel Bread Strawberry Graham Crackers</p>	<p><i>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</i></p>

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

Viruses or Bacteria

What's got you sick?

Antibiotics are only needed for treating certain infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

*Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better



To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use