


**MEALS ON WHEELS OF RI
HOME DELIVERED MENU – APRIL 2019**

Menu subject to change

Catered by: Lindley Food Service

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April Fool's Day  1 Chicken Paprikash Roasted Sweet Potatoes Green Beans Whole Grain Bread Raspberry Cookie DIET: Lorna Doone	2 Beef Tips w/Mushroom Gravy Buttered Noodles Baby Carrots Whole Wheat Roll Diced Peaches	3 Breaded Crunchy Fish Tartar Sauce Packet Potato Wedges Zucchini Hamburger Roll Pudding DIET: SF Cookie	4 Meatloaf w/Brown Gravy Mashed Potatoes Diced Beets Whole Grain Bread Sliced Cinnamon Apples	5 Raviolis w/Marinara Sauce Parmesan Cheese Packet Broccoli Extra Sauce 3 rd Compartment Garlic Roll Fresh Pear
8 LS Hot Dog Vegetarian Baked Beans Peas & Carrots Hot Dog Roll Mustard & Relish Packets Whole Wheat Roll Fresh Orange	9 Sliced Turkey w/Maple Mustard Sauce Garlic Smashed Potatoes Apple Butternut Squash Whole Grain Dinner Roll Brownie Cookie DIET: SF Cookie	10 Chicken w/Amatriciana Sauce Penne Pasta w/Sauce Parmesan Cheese Packet Italian Green Beans Fruited Yogurt DIET: Applesauce	11 Roast Pork w/Cranberry Glaze Sweet Potato Wedges Spinach Whole Grain Bread Cinnamon Applesauce	12 Vegetable & Cheese Lasagna w/Alfredo Sauce Tuscany Vegetable Blend Italian Bread Diced Pears 2 compartment tray
15 Chicken Cordon Bleu Barley w/Carrots Jardiniere Vegetable Blend Whole Grain Dinner Roll Strawberry Graham Crackers	16 Dynamite White Rice Succotash Torpedo Roll Lemon Blueberry Bites DIET: SF Cookie	17 BBQ Pork Riblets Molasses Baked Beans Collard Greens Corn Muffin Diced Peaches	18 Chicken Piccata Butternut Squash Ravioli w/Parmesan Cream Sauce Green Beans Whole Grain Bread SF Jell-O	19 Good Friday Swiss Cheese Omelet Home Fries Spinach Fruited Muffin Fresh Orange
Easter Meal 22 LS Ham w/Pineapple Sauce Mashed Sweet Potatoes Peas & Pearl Onions Multigrain Bread Pudding DIET: SF Cookie	23 Diced Chicken Teriyaki over Lo Mein Asian Blend Vegetables Multigrain Bread Fortune Cookie Pineapple Tidbits 2 compartment tray	Cold Meal-Do Not Reheat 24 Italian Tuna Fish over Lettuce Green Coleslaw Tomato Cucumber Salad Mini Kaiser Roll Frosted Cupcake DIET: SF Cookie	25 Swedish Meatballs over Buttered Egg Noodles Diced Beets Whole Grain Roll Diced Peaches 2 compartment tray	26 Chicken Caprese 1/4rd Roasted Potatoes Italian Vegetable Blend Whole Grain Roll Raisins
29 Hamburger Ketchup & Mustard Packets Potato Wedges Chef's Choice Vegetables Whole Grain Hamburger Roll Fresh Orange	30 Salmon w/Honey Ginger Fried Brown Rice w/Peas & Carrots Oriental Vegetable Blend Pumpkin/Craisin Cookie DIET: Vanilla Cookie Bites	SUGGESTED DONATION: \$3.00 PER MEAL Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700	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.	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.

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

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

IMPORTANT INFORMATION REGARDING POTENTIAL MEDICARE SCAMS

Over the past several months, here in Rhode Island and across the nation, there have been numerous fraud attempts to obtain Medicare numbers from unsuspecting beneficiaries.

- **Durable Medical Equipment Scams**: Television ads and unsolicited phone calls invite beneficiaries who might be experiencing pain that they can be sent “free” knee, neck or back braces for which Medicare will pay. Unfortunately these TV ads and phone calls are durable medical equipment scam attempts.
- **Genetic Testing Scams**: Another current Medicare scam offers “free” genetic testing for which Medicare will pay.
- It is very important to note that while Medicare does cover limited genetic screenings and appropriate durable medical equipment such as knee, neck and back braces, it is all based on medical necessity; requires prescription from the primary or attending physician; and please continue to guard your Medicare cards.

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Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.