

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

Menu subject to change

Catered by: **Lindley Food Service**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUGGESTED DONATION: \$3.00 PER MEAL <i>Make checks payable to:</i> 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.	May Day Breakfast 1 Cheese Omelet Corned Beef Hash Peppers & Onions Mini Bagel Mandarin Oranges	2 Hawaiian Pork Roast Herbed WGR Brown Rice Waxed Beans WGR Bread Pineapple Tidbits	3 Cold Meal-Do not reheat Sliced Turkey w/Lettuce Mayonnaise Packet Tri Color Pasta Salad Tomato Cucumber Salad WGR Kaiser Roll Fresh Pear
Lasagna w/Meat Sauce 6 Broccoli Parmesan Cheese Packet Extra sauce 3 rd compartment Garlic Roll Chocolate Chip Cookie DIET: SF Cookie	7 Shepherd's Pie Peas & Corn Niblets WGR Dinner Roll Diced Peaches <i>2 compartment Tray</i>	8 Salmon Florentine ¼ rd Steamed Buttered Potatoes Spinach WGR Bread Pudding DIET: Vanilla Bites	9 Pot Roast w/Brown Gravy Fresh Roasted Sweet Potatoes Peas & Onions Oatmeal Bread Applesauce	10 Mother's Day Lunch Roasted Sliced Turkey w/Gravy Mashed Potatoes Apple/Butternut Squash Cranberry Sauce Multi-Grain Bread SF Jell-O
13 Chicken & Pasta w/Marinara Sauce Italian Green Beans Italian Bread Hot Caramelized Apples	14 Potato Crunch Fish Tartar Sauce Packet Carrots Sweet Potato Wedges WGR Hamburger Roll Brownie DIET: Lorna Doone	15 Swedish Meatballs over Egg Noodles Diced Beets WGR Bread Frosted Cupcake DIET: SF Cookie <i>2 compartment tray</i>	16 Dynamite Potato Wedges Corn O'Brien Torpedo Roll Fresh Apple	17 Diced Chicken Teriyaki WGR Brown Fried Rice w/Peas & Carrots Asian Vegetable Blend WGR Bread Pineapple Tidbits
20 Cheeseburger Tater Tots French Green Beans Ketchup/Mustard Packets WGR Hamburger Roll Fresh Orange	21 Chicken Dijon Garlic Mashed Potatoes Jardiniere Vegetable Blend Oatmeal Bread Pudding DIET: Applesauce	22 Unstuffed Beef Pepper Casserole Baby Carrots WGR Cracked Wheat Bread Hot Cinnamon Peaches May 27th meal delivered today	23 Chicken w/Valdostano Sauce Parslied Spiral Pasta Tuscany Vegetable Blend WGR Bread Lorna Doone Cookies	24 Breaded Chicken w/Country Gravy Mashed Potatoes Sauteed Spinach Biscuit Applesauce
MEMORIAL DAY 27 Frozen meal delivered on 5/22 Chicken, Broccoli, Penne in Alfredo Sauce Extra broccoli 2 nd compartment Italian Bread Diced Pears	28 BBQ Pork Riblets Molasses Baked Beans Succotash Corn Muffin Cinnamon Bites	29 WGR Breaded Alaskan Pollock Whipped Sweet Potatoes California Vegetable Blend Tartar Sauce Packet WGR Hamburger Roll Pudding DIET: Cinnamon Applesauce	30 Chicken Parmesan Penne Pasta w/Marinara Sauce Zucchini WGR Dinner Roll Melon	31 Cold Meal – Do Not Reheat Egg Salad Three Bean Salad Macaroni Salad Mini Kaiser Roll Raisins

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

WGR – whole grain

SF = sugar free

LS = low sodium OR low sugar

Nutrition To Go

Osteopenia

What is osteopenia?

Osteopenia occurs when the body breaks down bone faster than it makes new bone. People who are more at risk for getting osteopenia are older adults, women over the age of 50, and people with a family history of the condition.

Osteopenia may be related to:

- Not eating or drinking enough calcium or vitamin D
- Drinking a lot of soda or high sugar drinks
- Not doing weight-bearing exercises that help build muscle and bones
- Too much alcohol and smoking
- Other diseases



How can you prevent osteopenia?

- Exercise including weight-bearing exercises or using resistance bands
- Eat foods high in calcium
- Get vitamin D from the sun and food
- Take calcium & vitamin D supplements as recommended by your doctor or dietitian
- Ask your doctor if any of your medications affect your bone health
- Limit the amount of alcohol you drink
- Do not smoke
- Avoid soda and high sugar drinks

