


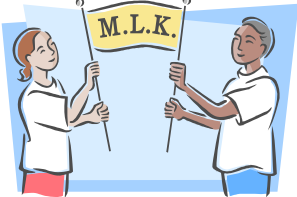
MEALS ON WHEELS OF RHODE ISLAND INC.

70 Bath St. Providence, RI 02908 (401) 351-6700

HOME DELIVERED JANUARY 2012

Catered by: **Marra Meal Services**

Menu subject to change

 <p>No Meal Delivery</p>	<p>2 100% Juice LS All Beef Hot Dog w/ Mustard & Relish Baked Beans Sliced Carrots Hot Dog Roll Sliced Peaches</p>	<p>3 Garden Salad w/Dressing Baked Fish w/Cracker Crumb Topping & Lemon Potatoes Au Gratin Roasted Vegetables Sliced Whole Wheat Bread Diced Pears</p>	<p>4 100% Juice Sweet & Sour Chicken Fried Rice Oriental Vegetables Whole Wheat Dinner Roll Pineapple Tidbits</p>	<p>5 Spinach Salad w/Egg w/Egg & Dressing Baked Macaroni & Cheese w/Crumb Topping Lentils w/Stewed Tomatoes Peas & Carrots Sliced Italian Bread Sugar Cookie DIET COOKIE</p>
<p>9 100% Juice Breaded Salmon w/Lemon Mashed Potatoes Sliced Carrots Whole Wheat Dinner Roll Fresh Apple</p>	<p>10 Black Bean & Corn Salad Santa Fe Chicken Spanish Rice Roasted Vegetable Medley Dinner Roll Apple Sauce</p>	<p>11 Garden Salad w/Dressing Meatloaf w/Gravy Mashed Sweet Potatoes Broccoli Sliced Whole Wheat Bread Sliced Peaches</p>	<p>12 100% Juice Chicken Stew Roasted Potatoes Peas and Carrots Biscuit SF Jell-O</p>	<p>13 100% Juice Pork Stir Fry Fried Rice Oriental Vegetables Whole Wheat Dinner Roll Pineapple Chunks</p>
 <p>No Meal Delivery</p>	<p>16 100% Juice Cheese Omelet w/Sausage Patty Side of Peppers & Onions Home Fries Sliced Whole Wheat Bread Grape Jelly Fresh Fruit Salad</p>	<p>17 Happy Birthday Garden Salad w/Dressing Cheddar Crusted Cod Roasted Potatoes Corn Niblets Whole Wheat Dinner Roll Frosted Birthday Cupcake DIET CAKE</p>	<p>18 100% Juice Stuffed Shells w/Meat Sauce 3rd Compartment Extra Sauce Sautéed Spinach w/Garlic Sliced Italian Bread Diced Pears</p>	<p>19 Spinach Salad w/Egg & Dressing Breaded Chicken Marsala w/Mushrooms Smashed Red Bliss Potatoes Mixed Vegetable Medley Whole Wheat Dinner Roll Apple Sauce</p>
<p>23 100% Juice LS Pineapple Glazed Ham Mashed Sweet Potatoes Peas & Onions Whole Wheat Dinner Roll Fresh Orange Chinese New Year</p>	<p>24 100% Juice Roasted Chicken Breast Au Jus Mashed Potatoes Corn Niblets Sliced Whole Wheat Bread Chocolate Pudding DIET DESSERT</p>	<p>25 Caesar Salad w/Croutons 4 Meatballs and Whole Wheat Pasta w/Red Sauce Spinach Sautéed w/Garlic Soft Bread Stick Sliced Peaches</p>	<p>26 100% Juice Salisbury Steak w/Gravy Mashed Potatoes Green Beans Biscuit Banana</p>	<p>27 Garden Salad w/Dressing Baked Fish Florentine w/Lemon Brown Rice Pilaf Vegetable Medley Sliced Whole Wheat Bread Grapes</p>
<p>30 100% Juice American Chop Suey w/Elbow Macaroni 3rd Compartment Extra Sauce Green Beans Whole Wheat Dinner Roll Diced Pears</p>	<p>31 100% Juice BBQ Boneless Grilled Chicken Baked Beans Broccoli Corn Muffin Bread Pudding DIET DESSERT</p>	<p>Meals on Wheels of RI is a non-profit organization funded in part by the Administration of Aging (AoA) & state funds through the Dept. of Elderly Affairs (DEA).</p>	<p>SUGGESTED DONATION: \$3.00 PER MEAL Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700</p>	<p>Please call in cancellations at least 24 hours in advance. ***** A meal cannot be left unless a cooler with ice is available. Thank you!</p>

We at Marra Meal Services prepare the food with the best possible ingredients sourced from top quality vendors. There is no MSG, no high sodium flavor bases, no added salt or additional fat used in the cooking process. All of the cooking encompasses steaming, braising, stewing, and slow convection cooking, thus promoting healthier meals. Menu items are subject to change. ** Breaded Items indicated**

All of Us at Meals on Wheels of RI Wish You

A HAPPY
NEW YEAR

New Year Resolutions for Seniors

Now that the Christmas excesses are behind us, many people of all ages are ready to start anew and make their New Year's resolution. To help seniors live a healthier and more active life, the following New Year's resolutions are recommended:

- * Start exercising - It is never too late to start exercising and for seniors, regular exercise can help improve your health and overall quality of your life. It also helps improve your balance which will help you avoid injuries from falls and keep you independent and mobile.
- * Assess your medical health - Prevention really is better than cure and visiting your doctor will help identify any potential health problems allowing you to take steps to prevent or treat illness early.
- * Make new friends - After the death of a spouse or loved friends and family members, many seniors find themselves alone. Being lonely is hard on our health and affects our immune systems so it is so important seniors reach out to people. Developing new friendships can ward off depression and make life feel worthwhile again.
- * Learn new things - You are never too old to learn new things - research actually shows that training and learning reignites the brain and improves memory. Many local schools and colleges offer adult learning programs that you may be interested in, such as language classes.
- * Fall proof your home - 82% of accidents to people over the age of 75 are fall related. A home visit by an occupational therapist will help identify risk factors and tell you what to do to make your home safer. For example you may want to avoid throw rugs or have cracks and uneven pathways repaired.