



MEALS ON WHEELS OF RHODE ISLAND INC.

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

HOME DELIVERED NOVEMBER MENU

Catered by: **Marra Meal Services**

Menu subject to change

<p>Meals on Wheels of RI is a non-profit organization funded in part by Administration on Aging (AoA) & state funds through the RI Dept. of Elderly Affairs. ***** Nov. 6th - Daylight Saving Time Ends - Set Clocks Back 1 Hour</p>	<p>1 100% Juice Chicken Stew Roasted Potatoes Peas and Carrots Biscuit Sliced Pears</p>	<p>2 100% Juice Meatloaf w/Gravy Mashed Potatoes Mixed Vegetable Medley Whole Wheat Roll Grapes</p>	<p>3 Spinach Salad w/Egg & Dressing Cheddar Crusted Cod & Tartar Brown Rice Pilaf California Blend Vegetables Sliced Whole Wheat Bread Tapioca Pudding DIET DESSERT</p>	<p>4 Caesar Salad w/Dressing Breaded Chicken Marsala w/Mushrooms Mashed Potatoes Sautéed Spinach w/Garlic Whole Wheat Dinner Roll Sliced Peaches</p>
<p>7 100% Juice LS All Beef Hot Dog w/Mustard & Relish Boston Baked Beans Buttered Corn Niblets Hot Dog Roll Fresh Seasonal Fruit</p>	<p>8 ELECTION DAY Cole Slaw Turkey Sandwich w/Lettuce & Mayonnaise Potato Salad Three Bean Salad Club Roll Grapes</p>	<p>9 Garden Salad w/Dressing Asian Beef Stir Fry Fried Rice Oriental Vegetable Blend Sliced Whole Wheat Bread Rice Pudding w/ Raisins DIET DESSERT</p>	<p>10 **Brunch** 100% Juice Cheese Omelet w/Diced Ham Sautéed Spinach Home Fries Whole Wheat Bread w/ Jelly Fresh Fruit Salad</p>	<p>11 Veterans' Day  No Meal Delivery</p>
<p>14 100% Juice Baked Macaroni & Cheese w/Crumb Topping Escarole w/White Beans Stewed Tomatoes Sliced Whole Wheat Bread Fresh Seasonal Fruit</p>	<p>15 Garden Salad w/Dressing Breaded Chicken Parmesan Whole Wheat Penne Pasta w/Red Sauce Brussel Sprouts Sliced Italian Bread Sliced Pears</p>	<p>16 Happy Birthday 100% Juice BBQ Pork Riblets Baked Beans Mexican Style Corn Club Roll Frosted Birthday Cupcake DIET CAKE</p>	<p>17 Caesar Salad w/Dressing Mediterranean Fish Boiled Potatoes w/ Parsley Sliced Carrots Whole Wheat Dinner Roll Sliced Apricots</p>	<p>18 100% Juice Baked Chicken In a Light Dijon Sauce Mashed Sweet Potatoes Green Beans Sliced Whole Wheat Bread Pumpkin Bread Pudding DIET DESSERT</p>
<p>21 100% Juice Salmon Burger w/Tartar Sauce Rice Pilaf Roasted Mixed Vegetables Kaiser Roll Fresh Seasonal Fruit</p>	<p>22 Garden Salad w/Dressing Beef Stew Boiled Potatoes Peas and Carrots Biscuit Sliced Pears</p>	<p>23 Hot/Cold Meal Delivery 100% Juice Oven Roasted Turkey w/Gravy Over Corn Bread Stuffing Mashed Potatoes Butternut Squash Cranberry Sauce Garnish Whole Wheat Dinner Roll Apple Crisp</p>	<p>24 </p>	<p>25 To be delivered Nov 23rd 100% Juice Meatloaf Sandwich Tortellini Pasta Salad Three Bean Salad Club Roll Grapes</p>
<p>28 100% Juice Black Bean Burger w/Salsa Roasted Potatoes Buttered Corn Niblets Hamburger Roll Fresh Seasonal Fruit</p>	<p>29 100% Juice Baked Fish w/Ritz Crumb Topping & Lemon Mashed Sweet Potatoes Zucchini w/Tomatoes Whole Wheat Dinner Roll Raspberry Filled Cookie DIET DESSERT</p>	<p>30 Garden Salad w/Dressing Sweet and Sour Chicken Brown Rice Broccoli Florets Sliced Whole Wheat Bread Pineapple Chunks</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**

Diabetes Diet and Food Tips

Eating to Prevent and Control Diabetes



Eating right is a key step to preventing and controlling diabetes. Fortunately, whether you're trying to reduce your risk of diabetes or manage a pre-existing problem, you can still enjoy your favorite foods and take pleasure from your meals. Your nutritional needs are the same as everyone else—no special foods or complicated diets are necessary. But if the way you eat has been less than healthy, you may need to learn some better eating habits. The key to a diabetes diet is eating in moderation, sticking to regular mealtimes, and eating a variety of fruits, vegetables, and whole grains.

What you need to know about diabetes and diet

Diabetes is on the rise, yet most cases of diabetes are preventable with healthy lifestyle changes. Some can even be reversed. The bottom line is that you have more control over your health than you think. If you're concerned about diabetes, you can make a difference by eating a healthy diet, keeping your weight in check, and getting exercise.

Eating right for diabetes comes down to three things:

- **What you eat.** Your diet makes a huge difference!! You should eat mostly plant foods, cut back on refined carbs and sugary drinks, and choose healthy fats over unhealthy fats.
- **When you eat.** Diet is part of it, but keeping regular meal and snack times also affects your blood sugar levels and will help to keep them more constant.
- **How much you eat.** Portion sizes matter. Even if you eat very healthy meals, if you eat too much you will gain weight, which is a factor in diabetes.

You do not need to eat special foods, but instead simply emphasize vegetables, fruits, and whole grains. A diabetes diet is simply a healthy eating plan that is high in nutrients, low in fat, and moderate in calories. It is a healthy diet for anyone!