



## HOME-DELIVERED MENU—OCTOBER 2020

Catered by TRIO Community Meals

Menu subject to change

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[www.rimeals.org](http://www.rimeals.org)

We are #DeliveryHeroes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please call in meal cancellations no later than 10:00 am prior to the next delivery day. You must be home to receive your meal. For your safety &amp; well-being, coolers are not allowed.</b></p>	<p><b>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</b> Make checks payable to: <b>Meals on Wheels of RI</b> 70 Bath St. Providence, RI 02908 (401) 351-6700</p>	<p><i>Meals on Wheels of RI is a non-profit organization funded in part by the U.S. Administration on Aging (AoA) &amp; state funds through the RI Office of Healthy Aging.</i></p>	<p>Salisbury Steak w/Brown Gravy Garlic Mashed Potatoes Diced Beets Whole Grain Dinner Roll Fresh Apple</p>	<p>Chicken Stew (potato, peas, carrots) Peas &amp; Carrots 2<sup>nd</sup> compartment Biscuit Blueberry Pomegranate Bar 2 compartment tray</p>
<p>Baked Raviolis w/Meat Sauce Parmesan Cheese Packet Italian Green Beans Extra sauce 3<sup>rd</sup> compartment Italian Bread Diced Peaches</p>	<p>Baked Pollock w/Honey Ginger Sauce Brown Rice Pilaf Asian Vegetables Cracked Wheat Bread Sugar Cookie <b>DIET: Cinnamon Cookie Bites</b></p>	<p><b>Cold Meal—Do Not Reheat</b> Ham &amp; Cheese Sandwich Three Bean Salad Marinated Cucumber Salad Mini Kaiser Roll Fresh Apple  <b>Statewide Double Meals</b></p>	<p>Roast Pork w/Apple Cider Gravy Garlic Mashed Potatoes Broccoli &amp; Carrots Rye Bread Chocolate Oatmeal Bar</p>	<p>Diced Chicken w/Black Beans &amp; Corn Salsa Collard Greens Soft Taco Diced Pineapples 2 compartment tray</p>
<p><b>Columbus Day Holiday</b> Hamburger Patty Mustard/Ketchup Packets Potato Wedges Mixed Vegetables Whole Grain Hamburger Patty Vanilla Cookie Bites <b>Meal delivered on 10/7</b></p>	<p>Vegetable Chili Mexicali Brown Rice Whole Grain Corn Muffin Chocolate Chip Cookie <b>DIET: Graham Crackers</b> 2 compartment tray</p>	<p>Breaded Chicken Parmesan Penne Pasta w/Marinara Sauce Parmesan Cheese Packet Broccoli Italian Bread Cinnamon Apple Slices</p>	<p>Pot Roast w/Brown Gravy Mashed Potatoes Baby Carrots Whole Grain Dinner Roll SF Jell-O</p>	<p>Cheddar Cheese Omelet O'Brien Potatoes Peppers &amp; Onions Whole Grain Blueberry Muffin Fresh Orange</p>
<p>Chicken Piccata w/Peas Vegetable Brown Rice Pilaf Carrots Oatmeal Bread Diced Peaches</p>	<p>Beef Stroganoff over Egg Noodles Brussels Sprouts Pumpnickel Bread Blueberry Oatmeal Bar 2 compartment tray</p>	<p>Lasagna Roll-Up w/Meat Sauce Parmesan Cheese Packet Tuscany Vegetables Extra sauce 3<sup>rd</sup> compartment Garlic Roll Butterscotch Pudding <b>DIET: Applesauce</b></p>	<p>Sliced LS Ham w/Pineapple Sauce Whipped Sweet Potatoes Peas &amp; Onions Rye Bread Lorna Doone Cookies</p>	<p>Diced Chicken Teriyaki Vegetable Fried Rice Oriental Vegetables Whole Grain Dinner Roll Fortune Cookie Pineapple Tidbits</p>
<p>Potato Crunch Fish Tartar Sauce Packet Sweet Potato Tots Vegetable Medley Multi-Grain Bread Chocolate Chip Cookie <b>DIET: SF Cookie</b></p>	<p>Shepherd's Pie w/Mashed Potatoes Corn Niblets Biscuit Fresh Apple 2 compartment tray</p>	<p>Honey BBQ Riblet Vegetarian Baked Beans Collard Greens Whole Grain Corn Muffin Cinnamon Peaches</p>	<p>Roast Turkey w/Gravy Cranberry Sauce Whipped Potatoes Apple-Butternut Squash Oatmeal Bread Lemon Square</p>	<p>Macaroni and Cheese w/Crumb Topping Zucchini Slices Whole Grain Dinner Roll Raisins 2 compartment tray</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

WGR – whole grain

SF = sugar free

LS = low sodium OR low sugar



This year, Meals on Wheels of RI's annual fundraiser, Festival of Meals, will be virtual as we continue to operate in response to the COVID-19 pandemic.

Our half-hour telethon is aimed raising \$30,000 to help us continue to provide you, our clients, with our Home-Delivered Meal Program.

The best part about the telethon is that it features several of our clients who very generously agreed to share with viewers how our program has made it possible for them to maintain their good health.

We would be delighted if you would tune in the show! It premieres on Sunday, Oct. 11 at 8 a.m. on Fox Providence and at 11:30 a.m. on CW-Providence. Not able to tune in then? Here is a full list of airing dates:

Fox Providence

- Sunday, Oct. 11, 8 a.m.
- Sunday, Oct. 18, 8 a.m.

EPRI MyRI TV—Channels 15 & 21 (Cox)

- Sunday, Oct. 11, 9:30 p.m.
- Sunday, Oct. 18, 9:30 p.m.

CW—Providence

- Sunday, Oct. 11, 11:30 a.m.
- Sunday, Oct. 18, 11:30 a.m.
- Monday-Friday, Oct. 12-16, 2 p.m.
- Monday-Friday, Oct 19-23, 2 p.m.
- Monday-Friday, Oct. 26-Oct. 30, 2 p.m.