



HOME-DELIVERED MENU—SEPTEMBER 2020

Catered by TRIO Community Meals

Menu subject to change

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We are #DeliveryHeroes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700	1 Dynamite (peppers/onions) White Rice Corn O'Brien Torpedo Roll Cantaloupe (cut-up)	2 Cold Meal—Do Not Reheat Egg Salad over Lettuce Cole Slaw Carrot and Raisin Salad Mini Kaiser Roll Raisins Statewide Double Meals	3 Roast Pork w/Apple Cider Gravy Mashed Potatoes Broccoli and Carrots Rye Bread Applesauce	4 Turkey Pot Pie (boiled potatoes/peas/carrots) Mixed Vegetables Biscuit Blueberry Pomegranate Bar
7 Labor Day Holiday Meal LS Hot Dog Mustard & Relish Packets Tater Tots Crinkle Cut Carrots Whole Grain Hot Dog Roll Strawberry Oatmeal Bar Meals on Wheels Closed Holiday meal delivered 9/2	8 Honey BBQ Riblets Vegetarian Baked Beans Collard Greens Whole Grain Corn Muffin Cinnamon Peaches	9 Chicken Breast w/Spinach Alfredo Buttered Egg Noodles California Vegetable Blend Whole Grain Dinner Roll Chocolate Pudding DIET: SF Cookie	10 Pot Roast w/Brown Gravy Roasted Potatoes Baby Carrots Oatmeal Bread SF Lemon Blueberry Bites	11 Diced Chicken Fajitas Peppers and Onions Yellow Rice w/Black Beans Soft Tortilla Fresh Stone Fruit
14 Potato Crunch Fish Tartar Sauce Packet Potato Wedges Mixed Vegetables Whole Grain Roll Diced Peaches	15 Meatloaf w/Brown Gravy Mashed Potatoes Diced Beets Cracked Wheat Bread Lorna Doones	16 Grilled Chicken w/Peach Salsa Hawaiian Rice Broccoli Whole Grain Dinner Roll Frosted Cupcake DIET: Cinnamon Cookie Bites	17 Pork Lo Mein w/Peas and Carrots Oriental Vegetable Blend Multi-Grain Bread Pineapple Tidbits 2 compartment tray	18 Swiss Cheese Omelet Seasoned Home Fries Spinach WGR Apple Cinnamon Muffin Fresh Orange
21 Hamburger Molasses Baked Beans Mustard & Ketchup Packets Sliced Zucchini Whole Grain Hamburger Bun Raisins	22 Lasagna Roll-up w/Meat Sauce Parmesan Cheese Packet Italian Green Beans Extra sauce 3 rd compartment Garlic Roll Lemon Square DIET: Vanilla Cookie Bites	23 Baked Pollock w/Honey Ginger Sauce Rice Pilaf Broccoli Whole Grain Dinner Roll Fresh Pear	24 Cold Meal—Do Not Reheat Finely Chopped Chicken Salad over Lettuce Vegetable Pasta Salad Three Bean Salad Mini Kaiser Roll Cinnamon Apples	25 Roast Turkey w/Gravy Cranberry Sauce Garlic Mashed Potatoes Apple Butternut Squash Cracked Wheat Bread Peach Crisp
28 Diced Chicken Scaloppini w/Mushrooms 1/4rd Roasted Sweet Potatoes Roman Vegetable Blend Whole Grain Dinner Roll Fresh Apple	29 Beef Burgundy Mashed Potatoes Peas and Pearl Onions Pumpnickel Bread SF Jell-O	30 Penne Pasta and Meatballs In Marinara Sauce Parmesan Cheese Packet Italian Green Beans Extra sauce 3 rd compartment Italian Bread Diced Pears	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 & well-being, coolers are not allowed.	
<i>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 Office of Healthy Aging.</i>				

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

Now is The Time for Yearly Vaccines

From the Administration for Community Living

The best way to prevent seasonal flu is to get vaccinated every year. Everyone six months of age and older should get a flu vaccine every season, especially people at high risk.

This year's flu season may be complicated by the ongoing COVID-19 pandemic. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. To learn more about COVID-19, visit [Coronavirus \(COVID-19\)](#).

While there is currently no vaccine for COVID-19, you can safely get a flu vaccine at multiple locations including your doctor's office, health departments, and pharmacies.

As we get older, our immune systems tend to weaken, putting us at higher risk for certain diseases.

Ask about vaccines that protect you against:

- Shingles
- Meningitis
- Pneumonia



Every year thousands of adults in the U.S. become seriously ill and are hospitalized because of diseases that vaccines can help prevent.

According to the Centers for Disease Control, you may be high risk if:

- You are age 65 or older
- Have heart disease or have suffered a stroke
- Have diabetes
- Have asthma

For more information, visit www.vacines.gov or www.cdc.gov.