




HOME-DELIVERED MENU—NOVEMBER 2020

Catered by TRIO Community Meals

Menu subject to change

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We are #DeliveryHeroes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Beef Stew Diced Potatoes Peas and Carrots Extra veggies 3rd compartment Biscuit Fresh Orange 2 compartment tray</p>	<p>3</p> <p>Chicken Marsala w/Mushrooms Mashed Potatoes Tuscany Vegetable Blend Pumpnickel Bread Vanilla Cookie Bites</p>	<p>4</p> <p>Spaghetti & Meatballs w/Tomato Sauce Parmesan Cheese Packet Italian Green Beans Extra sauce 3rd compartment Italian Bread Lemon Pudding DIET: Applesauce</p>	<p>5</p> <p>Hawaiian Pork Roast Mashed Sweet Potatoes Peas and Onions Whole Grain Dinner Roll Diced Peaches</p>	<p>6</p> <p>Honey Mustard Chicken Breast Vegetable Rice Pilaf Country Style Vegetables Cracked Wheat Bread Applesauce</p>
<p>9</p> <p>Jumbo Cheese Raviolis w/Meat Sauce Italian Vegetable Blend Extra sauce 3rd compartment Garlic Roll Fresh Pear Statewide Doubles</p>	<p>Cold Meal—Do not Reheat 10</p> <p>Italian Grinder (sliced ham, salami, provolone) Mayo Packet Three Bean Salad Cole Slaw Grinder Roll Raisins</p>	<p>Veterans' Day 11</p> <p>Meals on Wheels Closed Chicken & White Bean Chili w/Tomatoes over White Rice Fiesta Blend Vegetables Whole Grain Dinner Roll Cinnamon Sliced Peaches 2 compartment tray Meal delivered 11/9</p>	<p>12</p> <p>Beef Tips w/Beef Gravy Over Buttered Noodles Carrot Coins Oatmeal Bread Jell-O</p>	<p>13</p> <p>Southwest Diced Chicken Taco (black beans, topped w/cheese & salsa) Yellow Rice & Black Beans Peppers & Onions Soft Taco Pineapple Tidbits</p>
<p>16</p> <p>Pork Riblets Vegetarian Baked Beans Succotash Whole Grain Corn Bread Cinnamon Applesauce</p>	<p>17</p> <p>Baked Pollock w/Lemon Sauce Mashed Sweet Potatoes Broccoli & Carrots Cracked Wheat Bread Fresh Orange</p>	<p>18</p> <p>American Chop Suey French Green Beans Whole Grain Dinner Roll Frosted Cupcake Diet: Cinnamon Cookie Bites 2 compartment tray</p>	<p>19</p> <p>Sliced Pot Roast w/Brown Gravy Mashed Potatoes Baby Carrots Rye Bread Diced Pears</p>	<p>20</p> <p>Breaded Chicken Patty Ranch Dressing Packet Tater Tots Mixed Vegetables Whole Grain Sandwich Roll Strawberry Oatmeal Bar</p>
<p>23</p> <p>Baked Meatloaf w/Brown Gravy Mashed Potatoes Diced Beets Pumpnickel Bread Lorna Doone Cookies Statewide Double Meals</p>	<p>24</p> <p>Stuffed Shells w/Meat Sauce Parmesan Cheese Packet Peas Extra sauce 3rd compartment Garlic Breadstick Fresh Apple</p>	<p>25</p> <p>Cheese Omelet Turkey Sausage Patty Zucchini w/Red Pepper Home Fries Whole Grain Apple Muffin Mandarin Oranges Statewide Double Meals</p>	<p>Thanksgiving Day 26</p> <p>Meals on Wheels Closed Roast Sliced Turkey w/Gravy Over Bread Stuffing Cranberry Sauce Apple Butternut Squash Mashed Potatoes Snowflake Roll Apple Crisp Meal delivered on 11/23</p>	<p>Meals on Wheels Closed 27</p> <p>Chicken, Broccoli & Penne Alfredo Spring Vegetables Whole Grain Dinner Roll Blueberry Pomegranate Bar Meal delivered 11/25</p>
<p>30</p> <p>Potato Crunch Fish Tartar Sauce Packet Sweet Potato Wedges Whole Grain Hamburger Roll Sugar cookie DIET: SF Cookie</p>	<p>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.</p>	<p>Nov. 1st - Daylight savings time ends—turn clocks back 1 hour</p> 	<p><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></p>	<p>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</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

Happy Veterans' Day

From all of us at Meals on Wheels of RI,
thank you to all who have served our country.



21% Of Meals on Wheels of RI
clients are a Veteran or the
spouse of a Veteran

Tune into a special Veterans' Day episode of
Together for Seniors, Meals on Wheels of RI's
weekly radio hour, on Sunday, Nov. 8. at 8
a.m. on News Radio 920 & 104.7 FM

Our host, Executive Director Meghan Grady
will talk with R.I. Office of Veterans Services
Director Kasim Yarn about all the ways our
state's older adult Veterans and their family
members can stay connected to and
receive support from their communities.

