



HOME-DELIVERED MENU—JANUARY 2021

Catered by TRIO Community Meals

Menu subject to change

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We are #DeliveryHeroes

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| <u>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</u> Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700 | <i>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> | Stay Home – Stay Safe Wash and sanitize your hands often Wear a cloth mask when going out | <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> | New Year's Day 1 Beef Stew (potatoes, peas, carrots) Green Beans Whole Wheat Bread Strawberry Oatmeal Bar Meal Delivered on 12/30/20 |
| Breaded Pollock 4 Tartar Sauce Packet Potato Wedges Peas Hamburger Roll Brownie Cookies DIET: Chocolate Oatmeal Bar | Swiss Cheese Omelet 5 Home Fries Spinach WGR Muffin Mandarin Oranges | Meatloaf w/Brown Gravy 6 Mashed potatoes Diced Beets Whole Wheat Dinner Roll Fresh Pear | Roast Pork 7 w/Honey Garlic Sauce Fried Rice Oriental Vegetables Pumpernickel bread Applesauce | Diced Chicken Pasta 8 Primavera Broccoli WGR Dinner Roll Diced Peaches 2 compartment tray |
| Diced Chicken Chili 11 over Brown Rice Mexicali Corn Biscuit Blueberry-Pomegranate Bar for all | BBQ Riblet 12 Vegetarian Baked Beans Succotash WGR Sandwich Roll Cinnamon Applesauce | Stuffed Shells w/Meat Sauce 13 Parmesan Cheese Packet Tuscany Vegetables Cracked Wheat Bread Italian Bread Diced Pears Statewide Doubles | Sliced Turkey Breast w/Gravy 14 Cranberry Sauce Mashed Sweet Potatoes Brussels Sprouts Multigrain Bread Lorna Doone Cookies | Shepard's Pie 15 (mashed potatoes & corn) Mixed Vegetables WGR Dinner Roll Fresh Orange 2 compartment tray |
| Martin Luther King, Jr. Day 18 LS Hot Dog Mustard/Relish Packets Baked Beans Country Vegetables WGR Hot Dog Roll Cinnamon Cookie Bites Meal Delivered on 1/13/2021 | Potato Crunch Fish 19 Tartar Sauce Packet Tater Tots Broccoli Medley WGR Sliced Bread SF Jell-O | Salisbury Steak w/Brown Gravy 20 Cheddar Mashed Potatoes Peas and Onions Cracked Wheat Bread Chocolate Pudding DIET: Applesauce | Macaroni & Cheese 21 w/Crumb Topping Zucchini & Tomatoes Whole Wheat Roll Strawberry Oatmeal Bar 2 compartment tray | Chicken Stew 22 (diced potatoes, peas, carrots) Whole Wheat Roll Fresh Apple 2 compartment tray |
| Baked Pollack 25 w/Florentine Sauce Roasted Potatoes Spinach WGR Dinner Roll Diced Peaches | Cheeseburger 26 Ketchup/Mustard Packets Tater Tots Mixed Vegetables WGR Hamburger Bun Cinnamon Apple Slices | Chicken Marsala 27 w/Mushrooms Mashed Potatoes Broccoli & Cauliflower Whole Wheat Dinner Roll Lemon Square | Pot Roast w/Brown Gravy 28 Diced Roasted Potatoes Baby Carrots Pumpernickel Bread Applesauce | Finely Chopped Chicken Salad 29 Three Bean Salad Cole Slaw Mini Kaiser Roll Raisins |

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 NEW YEAR

From all of us at Meals on Wheels of RI, best wishes for a wonderful new year, with thanks for trusting us to help you stay happy, healthy and safe during 2020.



Dates to Remember

Friday, Jan. 01, 2021—New Year's Day;
no meal delivery. Meal delivered on
Wednesday, Dec. 30, 2020

Monday, Jan. 18, 2021—Martin Luther
King Jr. Day; no meal delivery. Meal
delivered on Wednesday, Jan. 13.