



## MEALS ON WHEELS OF RI HOME-DELIVERED MENU — January 2022

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

We are #DeliveryHeroes

Catered by TRIO Community Meals  
Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Parmesan Brown Rice & Orzo Broccoli Cracked Wheat Bread Pineapple Chunks	4 Meatloaf with Gravy Garlic Mashed Potatoes Green Peas Multigrain Bread Applesauce	5 Diced Lemon Pepper Chicken Herbed Brown Rice Scandinavian Veg Scala Bread Chocolate Oatmeal Bar	6 Breaded Pollock Parslied Rotini Zucchini Rye Bread Tartar Sauce Diced Peaches	7 Sliced Roast Turkey with Gravy Mashed Potatoes Green Beans WGR Dinner Roll Cranberry Sauce Lorna Doones
10 Cheddar Cheese Omelet Home Fries Peppers & Onions SF Syrup WG Banana Muffin	11 Breaded Cod Filet Rice Pilaf Mixed Vegetables Pumpnickel Bread Tartar Sauce Mixed Fruit Cup	12 <b>Statewide Double Delivery</b> Beef Shepherd's Pie California Blend Veg Whole Wheat Roll SF Chocolate Chip Cookie  2 Compartment Tray	13 BBQ Pulled Pork Roasted Sweet Potato Wedges Corn Nibletts WW Bulky Roll Fresh Orange	14 Hot Dog Vegetarian Baked Beans Zucchini Squash WW Hot Dog Bun Mustard & Ketchup Packets Fresh Pear
17 <b>MARTIN LUTHER KING DAY!</b> <b>Meals on Wheels Closed</b> <b>Meal Delivered 01/12/22</b> Breaded Chicken Patty Tater Tots Peas & Carrots WG Hamburger Roll Fresh Apple	18 Beef Stew Parslied Noodles Green Beans Buttermilk Biscuit Mixed Fruit Cup	19 Turkey Pot Pie White Rice Chuckwagon Vegetables Corn Muffin Lorna Doones	20 Orange Chicken Fried Rice Asian Blend Vegetables Multigrain Bread Mandarin Oranges	21 Pot Roast with Apple Cider Gravy Mashed Potatoes Carrot Coins Scala Bread Diced Pears
24 Lasagna Roll-up Extra Sauce in 3 <sup>rd</sup> Compartment Tuscany Vegetables Garlic Roll Parmesan Cheese Packet Strawberry Oatmeal Bar	25 Chicken Marsala Rice Pilaf Spinach Rye Bread Fresh Orange	26 Potato Crunch Fish Tater Tots Scandinavian Vegetables Cracked Wheat Bread Mixed Fruit Cup	27 Chicken Picatta Orzo & Peas Italian Vegetables Dinner Roll Chocolate Oatmeal Bar	28 Macaroni & Cheese w/Crumb Topping Green Peas Whole Wheat Bread Diced Peaches
31 Diced Chicken w/Pineapple Salsa Spanish Rice Fiesta Vegetables Tortilla Vanilla Bites		<b><u>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</u></b> Make checks payable to: <b>Meals on Wheels of RI</b> 70 Bath St. Providence, RI 02908 (401) 351-6700	<b><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 &amp; well-being, coolers are not allowed.</i></b>	<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>

Stay Home – Stay Safe

Wash and sanitize your hands often

Wear a cloth mask when going out

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



## Reminder

Meals on Wheels of RI's Providence headquarters and service center will be closed on the following days this month, in recognition and observation of the holidays, with double meals delivered ahead of the closing days:

Monday, Jan. 17: double meal delivery  
on Wednesday, Jan. 12

## Happy New Year!

Wishing you and your loved ones a safe, happy, and healthy new year!

HAPPY NEW YEAR!