



MEALS ON WHEELS OF RI HOME DELIVERED MENU – NOVEMBER 2022

Catered by Encore

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</u> Cash, Check, Money Order, SNAP, PayPal <i>Make checks payable to:</i> Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700</p>	<p style="text-align: right;">1</p> <p>Cream of broccoli soup Breaded chicken w/ gravy Mashed potato Vegetable medley Fruit – WW roll Ham & cheese sandwich</p>	<p style="text-align: right;">2</p> <p>Chicken noodle soup Swedish meatballs Brown Rice pilaf Cream corn Wheat roll Pudding Chef salad</p>	<p style="text-align: right;">3</p> <p>Mushroom barley soup Pork roast w/ gravy Roasted potato Sautéed carrots & broccoli Sliced multi grain bread Sliced fruit Turkey & Swiss on rye</p>	<p style="text-align: right;">4</p> <p>Tossed salad Fish stew Potato chips WW Roll Fruit Seafood salad on wheat</p>
<p style="text-align: right;">7</p> <p>Tomato soup Shepard's pie Mashed potato WW Dinner roll Pudding Chicken salad sandwich</p>	<p style="text-align: right;">8</p> <p>Greek cucumber salad Stuffed shell w/meatball Zucchini /w plum tomato Garlic bread Oatmeal cookie Tuna salad on Rye</p>	<p style="text-align: right;">9</p> <p>Beef vegetable soup Sloppy joe Cole slaw Whole Grain Pasta salad Fruit cup Spinach salad w/chicken</p>	<p style="text-align: right;">10</p> <p>Corn chowder French onion baked chicken Sweet Potato Peas WW Roll / fruit Cobb salad</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">Closed</p>
<p style="text-align: right;">14</p> <p>Escarole & bean soup Chicken Parm Waxed beans Whole Grain Pasta salad Sliced bread /fruit Spinach salad</p>	<p style="text-align: right;">15</p> <p>Minestrone soup Meatball sandwich Italian potato salad 3 bean salad- / WW roll Chocolate chip cookie Chef salad</p>	<p style="text-align: right;">16</p> <p>Tomato & Cucumber Salad Hot dog w/WW Roll Baked beans Potato salad Fruit Seafood salad sandwich</p>	<p style="text-align: right;">17</p> <p>Italian wedding soup *Turkey* w/ gravy, stuffing Butternut squash Mashed potato, WW roll Apple/pumpkin pies Roasted turkey on roll</p>	<p style="text-align: right;">18</p> <p>Tuscan white beans/over bread Tossed salad American chop suey (WG Pasta Zucchini w/ carrots Fruit Meatball sandwich</p>
<p style="text-align: right;">21</p> <p>Chicken soup Pub Burger w/ cheese -WW Roll Roasted potato Corn salad Cookie Ham & cheese sandwich</p>	<p style="text-align: right;">22</p> <p>Vegetable soup Lasagna roll up w/meat sauce Tossed salad Garlic bread Fruit Cobb salad</p>	<p style="text-align: right;">23</p> <p>Mixed fruit cup Scrambled eggs Home fries Bacon /sausage, WG muffin Bagel egg sandwich</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">THANKSGIVING DAY</p> <p style="text-align: center;">Closed</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">Closed</p>
<p style="text-align: right;">28</p> <p>Tomato soup Sweet & sour chicken Brown Rice pilaf Baby carrots Roll Cake Blt on wheat</p>	<p style="text-align: right;">29</p> <p>Tossed salad Beef casserole over cheesy Buttered noodles Mixed vegetables WW Roll Fruit Egg salad sandwich on wheat</p>	<p style="text-align: right;">30</p> <p>Lentil soup Roast pork tenderloin w gravy Brussels sprouts Sweet potatoes WW Roll Cake Tuna salad plate</p>	<p style="text-align: center;">SERVING SIZES Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup</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>

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 will be closed on the following November holidays:

Friday, November 11

Thursday, November 24

Friday, November 25

Happy Thanksgiving, from your friends at

Meals on Wheels of RI!



Received my first meal today. I was so excited!

The meal was wonderful and the young lady that delivered it couldn't have been nicer!

Thank you so much!



Anne-Marie, Middletown Client



Have a great story about your program delivery driver? We want to know!
Call us at (401) 351-6700.