



MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – NOVEMBER 2022

Catered by TRIO Community Meals
Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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	1	2	3	4
	Roasted Tofu w/ Plum Sauce Broccoli Chef's Rice Bread Fruit	White Fish w/ Black Bean Sauce Baby Bok Choy Noodles Bread Fruit	Chicken Fried Rice Mixed Veggies Bread Fruit	Honey-Orange Chicken Thighs White Rice Broccoli Bread Fruit
7	8	9	10	11
Stir Fried Vegetables Over Rice Bread Fruit	Braised Chicken Asparagus & Mushrooms Jasmin Rice Bread Fruit	Sesame-Ginger Beef Noodles Asian Veg Bread Fruit	Sweet & Sour Chicken White Rice Stir Fry Veg Bread Fruit	Beef Lo Mein Vegetables Bread Fruit
			STATEWIDE DOUBLE DELIVERY	Meals on Wheels Closed Meal Delivered 11/10/22
14	15	16	17	18
White Fish w/ Lemongrass Sauce White Rice Green Beans Bread Fruit	Dumplings White rice Garlic Broccoli Bread Fruit	Pork w/ Teriyaki Sauce LoMein noodles Asian Veggies Bread Fruit	Chicken w/ Garlic Sauce Noodles Stir Fry Vegetables Bread Fruit	Gochujang Chicken w/ Noodles Asian Vegetable Blend Bread Fruit
21	22	23	THANKSGIVING DAY 24	25
Curry Beef White Rice Broccoli Bread Fruit	Teriyaki Chicken Rice Stir Fry Vegetables Bread Fruit	Pork Stir Fry w/ Snow Peas Brown Rice Bread Fruit	Chicken w/ Ginger sesame Glaze Soba Noodles Vegetables Bread Fruit	Egg roll in a Bowl White Rice Mixed Veggies Bread Fruit
STATEWIDE DOUBLE DELIVERY		STATEWIDE DOUBLE DELIVERY	Meals on Wheels Closed Meal Delivered 11/21/22	Meals on Wheels Closed Meal Delivered 11/23/22
28	29	30	<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>	
Chicken Lo Mein w/ Vegetables Bread Fruit	Vegetarian Delight Chef's Rice Vegetables Bread Fruit	Sesame Chicken White Rice Green Beans in Black bean sauce Bread Fruit	<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>	

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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

There will be no meal delivery on these days.

There will be double meal delivery on the following days:

Thursday, November 10

Monday, November 21

Wednesday, November 23

Happy Thanksgiving, from your friends at

Meals on Wheels of RI!



**Happy
Thanksgiving**

24 November, 2022



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.