



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

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Nutrition Information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. Lactose free milk = 130 mg sodium. Margarine = 30 m sodium. From meal carb total includes meat, starch, vegetable and bread.</p>	<p>1</p> <p>Beef Chili 294 Brown Rice 4 Green Beans 3 Corn Muffin 80 Peach Cups 6</p> <p>Cal: 751 Sodium: 528 mg Carb: 88 g From meal: 58 g</p>	<p>2</p> <p>Pesto Chicken 197 Parslied Rotini 4 Roma Vegetables 16 Oat Bread 115 Hot Cinnamon Pears 18</p> <p>Cal: 668 Sodium: 499 mg Carb: 99 g From meal: 67 g</p>	<p>3</p> <p>Potato Crunch Fish 337 Herbed Brown Rice 95 Roasted Italian Zucchini 15 Lemon Juice 1 Fresh Orange 0</p> <p>Cal: 877 Sodium: 672 mg Carb: 116 g From meal: 83 g</p>	<p>4</p> <p>Roast Pork with Apple Cider Gravy 100 Whipped Sweet Potatoes 36 Mixed Vegetables 42 WW Roll Applesauce</p> <p>Cal: 709 Sodium: 532 mg Carb: 90 g From meal: 66 g</p>
<p>7</p> <p>Hamburger 150 3 Bean Salad 33 Jardiniere Veg 31 Ketchup 82 WW Bun 127 Cantaloup Cubes 12</p> <p>Cal: 527 Sodium: 596 mg Carb: 60 g From meal: 34 g</p>	<p>8</p> <p>Pasta with Meat Sauce 285 Tuscany Blend Vegetables 41 Italian Bread 97 SF Jello 95</p> <p>Cal: 607 Sodium: 677 mg Carb: 72 g From meal: 60 g</p>	<p>9</p> <p>Omelet 283 Home Fries 6 Pepper and Onions 54 Snack Loaf 160 Yogurt 51 Orange Juice – No milk 15</p> <p>Cal: 698 Sodium: 600 mg Carb: 95 g From meal: 64 g</p>	<p>10</p> <p>Italian Pot Roast 280 Buttered Egg Noodles 38 Country Vegetables 40 WW Breadstick 140 Fresh Pear 2</p> <p>STATEWIDE DOUBLE DELIVERY Cal: 659 Sodium: 660 mg Carb: 89 g From meal: 52 g</p>	<p>Meals on Wheels Closed Meal Delivered 11/10/22</p>
<p>14</p> <p>Lasagna with Bolognese Sauce 414 Italian Vegetables 19 Italian Bread 97 Hot Cinnamon Peach 6</p> <p>Cal: 666 Sodium: 673 mg Carb: 79 g From meal: 48 g</p>	<p>15</p> <p>Salisbury Steak with Gravy 350 Roasted Potatoes 52 Carrot Coins 67 Whole Wheat Bread 65 Fresh Apple 2</p> <p>Cal: 750 Sodium: 627 mg Carb: 104 g From meal: 69 g</p>	<p>Cold Meal 16</p> <p>Egg Salad 224 Potato Salad 50 Coleslaw 64 WW Hamburger Bun 127 Chocolate Chip Cookie 56 MOD: SF Chocolate Chip Cookie 55</p> <p>Cal: 806 Sodium: 659 mg Carb: 74 g From meal: 47 g</p>	<p>17</p> <p>Beef Burgundy 181 Buttered Noodles 38 Roasted Carrots & Zucchini 110 Dinner Roll 136 Caramelized Pears 20</p> <p>Cal: 701 Sodium: 554 mg Carb: 83 g From meal: 47 g</p>	<p>18</p> <p>Fish Sticks 249 Brown Rice Pilaf 16 Scandinavian Vegetables 41 Lemon Juice 1 Italian Bread 97 Fresh Banana 1</p> <p>Cal: 513 Sodium: 508 mg Carb: 83 g From meal: 44 g</p>
<p>21</p> <p>Pork Chops in Orange Sauce 58 Roasted Sweet Potato 45 Broccoli Cuts 12 WW Dinner Roll 254 Mixed Fruit Cup 5</p> <p>STATEWIDE DOUBLE DELIVERY Cal: 769 Sodium: 512 mg Carb: 97 g From meal: 57 g</p>	<p>22</p> <p>Beef Shepherd's Pie 276 California Vegetables 30 Italian Bread 156 Fresh Plum 0</p> <p>Cal: 677 Sodium: 564 mg Carb: 72 g From meal: 44 g</p>	<p>23</p> <p>Roast Chicken with Gravy 239 Roasted Potatoes 52 Green Beans 3 Dinner Roll 136 Apple Crisp 79</p> <p>STATEWIDE DOUBLE DELIVERY Cal: 736 Sodium: 648 mg Carb: 94 g From meal: 48 g</p>	<p>THANKSGIVING DAY 24</p> <p>Meals on Wheels Closed Meal Delivered 11/21/22</p>	<p>25</p> <p>Meals on Wheels Closed</p>

28	29	30	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>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>
Chicken Piccata 123	Breaded Whitefish 220	BBQ Chicken 368		
Parslied Rotini 4	Herbed Brown Rice 4	Whipped Sweet Potatoes 36		
Tuscany Vegetables 41	Riviera Vegetables 7	Collard Greens 57		
WW Roll 240	WW Breadstick 239	Cracked Wheat Bread 130		
Fresh Apple 2	Lemon Juice Packet 85	Lorna Doones 100		
Mandarin Oranges 7				
Cal: 706 Sodium: 547 mg	Cal: 669 Sodium: 615 mg	Cal: 756 Sodium: 543 mg		*Indicates food item w/>500mg sodium v=high sodium meal
Carb: 103 g From meal: 78 g	Carb: 101 g From meal: 78 g	Carb: 108 g From meal: 67 g		

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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!



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