



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

Catered by TRIO Community Meals
Menu subject to change

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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>Bean & Cheese Burrito Yellow Rice Corn & Peppers Wheat Bread Fruit</p>	<p style="text-align: right;">2</p> <p>Mexican Chicken w/ Brown Rice w/ Beans Corn w/ Peppers Cor Muffins Graham Cracker</p>	<p style="text-align: right;">3</p> <p>Mexican Beef Casserole Whipped Potato Green Beans w/ Peppers Wheat Bread Applesauce</p>	<p style="text-align: right;">4</p> <p>Fiesta Chicken Steamed Yucca Black Beans WW Dinner Roll Lorna Doones</p>
<p style="text-align: right;">7</p> <p>Beef Chili Rice Mixed Veggies Corn Muffin Pineapple Tidbits</p>	<p style="text-align: right;">8</p> <p>Breaded Fish w/ Enchilada Sauce Corn Whipped Sweet Potato Wheat Bread Mixed Fruit</p>	<p style="text-align: right;">9</p> <p>Diced Chicken w/ Black Bean Salsa White Rice Corn & Peppers Tortilla Strawberry Oatmeal Bar</p>	<p style="text-align: right;">10</p> <p>Chicken Margarita Black Beans Garlic Spinach Garlic Roll Diced Pears</p> <p style="text-align: center;">STATEWIDE DOUBLE DELIVERY</p>	<p style="text-align: right;">11</p> <p>Meatloaf w/ Gravy Red Beans and Rice Mexican Corn WW Dinner Roll Fresh Orange</p> <p style="text-align: center;">Meals on Wheels Closed Meal Delivered 11/10/22</p>
<p style="text-align: right;">14</p> <p>Spanish Omelet Pepper & Onion Seasoned Potatoes WW Roll Raisins</p>	<p style="text-align: right;">15</p> <p>Cuban Beef w/ Potatoes Spinach WW Roll Fresh Apple</p>	<p style="text-align: right;">16</p> <p>Chicken Fajita Yellow Rice Garlic Broccoli Wheat Bread Mixed Fruit</p>	<p style="text-align: right;">17</p> <p>Black Bean & Cheese Burrito Yellow Rice Broccoli & Peppers Scala Bread Pineapple</p>	<p style="text-align: right;">18</p> <p>Fiesta Fish Lime Brown Rice Corn w/ Peppers Wheat Bread Cookie</p>
<p style="text-align: right;">21</p> <p>Tamale Beef Stew White Rice Carrots Cracked Wheat Bread Fresh Pear</p> <p style="text-align: center;">STATEWIDE DOUBLE DELIVERY</p>	<p style="text-align: right;">22</p> <p>Chicken Enchilada Pie Yellow Rice Tortilla Fresh Orange</p>	<p style="text-align: right;">23</p> <p>Beef Picadillo Zucchini Roasted Potato WW Bun SF Jello</p> <p style="text-align: center;">STATEWIDE DOUBLE DELIVERY</p>	<p style="text-align: right;">THANKSGIVING DAY 24</p> <p>Chicken & Cheese Quesadilla Steamed Yucca Corn Lorna Doones</p> <p style="text-align: center;">Meals on Wheels Closed Meal Delivered 11/21/22</p>	<p style="text-align: right;">25</p> <p>Ropa Vieja-Beef Rice & Beans Carrots Wheat Roll Fresh Banana</p> <p style="text-align: center;">Meals on Wheels Closed Meal Delivered 11/23/22</p>
<p style="text-align: right;">28</p> <p>Chicken Tortilla Casserole White Rice Chuckwagon Vegetables Oatmeal Bread Mixed Fruit</p>	<p style="text-align: right;">29</p> <p>Cubanos Frijolas Rice Peas Roll Vanilla Wafer</p>	<p style="text-align: right;">30</p> <p>Carne de Asada Green Beans White Rice WW Roll Pineapple Tidbits</p>	<p>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.</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>

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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.