



MEALS ON WHEELS OF RI HOME DELIVERED 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>Chicken Chili Brown Rice Green Beans Corn Muffin Peach Cups</p>	<p style="text-align: right;">2</p> <p>Chopped Pesto Chicken Parslied Rotini Roma Vegetables Oatmeal Bread Diced Pears</p>	<p style="text-align: right;">3</p> <p>Potato Crunch Fish Sweet Potato Wedges Roasted Italian Zucchini Wheat Bread Tartar Sauce Fresh Orange</p>	<p style="text-align: right;">4</p> <p>Chicken Cacciatore over Buttered Ziti Peas WW Roll Cinnamon Graham crackers</p>
<p style="text-align: right;">7</p> <p>Hot Dog* Vegetarian Baked Beans Jardinière Vegetables Mustard WW Hot Dog Roll Cantaloupe Chunks</p>	<p style="text-align: right;">8</p> <p>Pasta w/Meat Sauce Tuscany Vegetables Parmesan Cheese Whole Wheat Roll Lorna Doones</p>	<p style="text-align: right;">9</p> <p>Omelet with Cheese Home Fries Pepper and Onions Snack Loaf Mixed Fruit</p>	<p style="text-align: right;">10</p> <p>Diced Chicken Paprika White Rice Green Peas Wheat Bread Cinnamon Bites</p> <p>STATEWIDE DOUBLE DELIVERY</p>	<p style="text-align: right;">11</p> <p>Turkey Stew Mixed Veggies Corn Muffin Apple Sauce</p> <p>Meals on Wheels Closed Meal Delivered 11/10/22</p>
<p style="text-align: right;">14</p> <p>Lasagna with Bolognese Sauce Italian Vegetables Italian Bread Parmesan Cheese Diced Peaches</p>	<p style="text-align: right;">15</p> <p>Chicken Cordon Bleu Mashed Potato Roman Vegetables Snowflake Roll Chocolate Oatmeal Bar</p>	<p style="text-align: right;">16</p> <p>Egg Salad Potato Salad Coleslaw WW Hamburger Bun Chocolate oatmeal bar</p>	<p style="text-align: right;">17</p> <p>Beef Burgundy Buttered Noodles Zucchini & Carrots Whole Wheat Roll Diced Pears</p>	<p style="text-align: right;">18</p> <p>Breaded Pollock Potato Wedges Scandinavian Vegetables Tartar Sauce Italian Bread SF Vanilla Pudding</p>
<p style="text-align: right;">21</p> <p>Diced Chicken w/ Mango Salsa Caribbean Rice Fiesta Vegetables Garlic Roll Fruit Cup</p> <p>STATEWIDE DOUBLE DELIVERY</p>	<p style="text-align: right;">22</p> <p>Beef Shepherd's Pie California Vegetables Rye Bread Fresh Apples</p>	<p style="text-align: right;">23</p> <p>Cranberry Chicken Brown Rice & Orzo Zucchini Squash Oatmeal Bread Fresh Banana</p> <p>STATEWIDE DOUBLE DELIVERY</p>	<p style="text-align: right;">THANKSGIVING DAY 24</p> <p>Sliced Turkey w/ Gravy Herb Stuffing Garnish Roasted Sweet Potato Mixed Veggies WGR Dinner Roll Lorna Doone Cookie</p> <p>Meals on Wheels Closed Meal Delivered 11/21/22</p>	<p style="text-align: right;">25</p> <p>Cheeseburger Brown Rice & Orzo Zucchini Squash WW Hamburger Bun Ketchup Lorna Doones</p> <p>Meals on Wheels Closed Meal Delivered 11/23/22</p>
<p style="text-align: right;">28</p> <p>BBQ Chicken Whipped Sweet Potatoes Green beans WW Hamburger roll Vanilla Wafers</p>	<p style="text-align: right;">29</p> <p>Chicken Picatta Parslied Rotini Tuscany Vegetables Cracked Wheat Bread Fresh Apple</p>	<p style="text-align: right;">30</p> <p>Potato Crunch Pollock Sweet Potato Tots Stewed Tomatoes WW Bread Tartar Sauce Mandarin Oranges</p>	<p><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></p>	

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 R.I. Office of Healthy Aging.

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!



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.