



MEALS ON WHEELS OF RI HOME DELIVERED MENU – MARCH 2023

*Catered by Encore
Menu subject to change*

Follow us on
Facebook, Twitter & Instagram
www.rimeals.org

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 nonprofit organization funded in part by the U.S. Administration on Aging (AoA) & state funds through the R.I. Office of Healthy Aging.</i></p>	<p>1 Tomato soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw Whole Wheat roll Fruit Chicken salad on rye</p>	<p>2 Chicken soup Meatloaf w/ gravy Mashed potato Peas & carrots Snowflake roll Chocolate cookie Romaine salad w/chicken</p>	<p>3 Kale & bean soup Baked fish w/ lemon butter Rice pilaf Baby carrots Sliced ww bread Fruit Chef salad</p>
<p>6 Minestrone soup Shepard's pie Mashed potato Mixed vegetable Multi grain roll Pudding Spinach salad w/ chicken</p>	<p>7 Tomato Soup French onion baked chicken Green beans Rice pilaf Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll</p>	<p>8 Mushroom barley soup American chop suey Zucchini w baby carrots Ww roll Oatmeal raisin cookie Turkey club</p>	<p>9 Vegetable soup Chicken parm Potatoes wedges Mixed vegetables - roll Cake Antipasto salad</p>	<p>10 Clam chowder (red) Baked fish Italiano w /sauteed vegetables Rice pilaf Sliced bread– Fruit Cobb salad</p>
<p>13 Tomato soup BBQ chicken sandwich Cole slaw Pasta salad Roll (whole wheat) Chocolate chip cookie Chef salad</p>	<p>14 Navy bean soup Stuffed shell w/meatball Garlic bread Italian mixed vegetables Mixed fruit Chicken sandwich on wheat roll</p>	<p>15 Chicken and escarole soup Sloppy joe Potato salad 3- bean salad Whole Wheat roll - cookie Turkey & Swiss/whole wheat</p>	<p>16 Spilt pea soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Apple strudel cake Ham & cheese on wheat</p>	<p>17 Kale & bean soup Baked cod provencal Spanish rice Peas & onions Fruit salad Tuna salad plate</p>
<p>20 Beef Barley soup Chicken leg quarter Creamed spinach Sweet potato Roll Brownie Cobb salad</p>	<p>21 Lentil soup Braised beef Sliced carrots Mashed potatoes Roll Pudding Egg salad on multi grain roll</p>	<p>22 Tomato soup Swedish meatballs Rice pilaf Zucchini & carrots Fresh fruit/ Muti grain bread Seafood salad plate</p>	<p>23 Minestrone Soup BBQ pulled pork Sandwich Cole slaw Baked beans Whole Wheat Roll Oatmeal cookie Meatball sandwich</p>	<p>24 Clam chowder (white) Fish cake Spanish rice Mixed vegetables Sliced bread Fruit Chicken salad plate</p>
<p>27 Potato leek soup Chicken cacciatore Black beans & rice Fruit – Whole Wheat roll Chicken sandwich on ww roll</p>	<p>28 Southern Brunswick stew Cole slaw Corn bread Mixed fruit Seafood salad on wheat roll</p>	<p>29 Mushroom barley soup Lasagna roll w/ meat sauce Italian green beans Garlic bread Pound cake Turkey & Swiss on rye</p>	<p>30 Chicken soup Salisbury steak w/gravy Mashed potatoes Baby carrots Ww roll - fruit Egg salad plate</p>	<p>31 Tomato soup Mediterranean baked fish Rice pilaf/ green beans Ww roll- Cookie Cobb salad</p>

***** 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

"It is an absolutely wonderful service, and all the delivery people are caring. The food is very helpful as I am no longer able to prepare great meals for myself. I thank everyone that works with Meals on Wheels for this wonderful service that brings help to everyone in need of it."

-Helen, North Kingstown Client



Have you visited our Food Pantry yet?

Open Tuesdays from 10 a.m. to 2 p.m.

Open to all program clients



SHARE YOUR THOUGHTS!

Have a great story about the Capital City Café program?
Call us at (401) 351-6700.