



## MEALS ON WHEELS OF RI HOME DELIVERED CARDIAC MENU – MARCH 2023

Follow us on  
Facebook, Twitter & Instagram  
[www.rimeals.org](http://www.rimeals.org)

Catered by TRIO Community Meals

Menu subject to change

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</u></b> Cash, Check, Money Order, SNAP, PayPal <i>Make checks payable to: Meals on Wheels of RI</i> <b>70 Bath St. Providence, RI 02908 (401) 351-6700</b></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 &amp; well-being, coolers are not allowed.</i></p>	<p><b>1</b> Beef Stroganoff 179 Buttered Noodles 38 Mixed Vegetables 42 WW Bread 65 Caramelized Peaches 20  <b>Cal: 774 Sodium 482 mg Carb: 98 g From Meal: 64g</b></p>	<p><b>2</b> Roast Pork w/ Apple Cider Gravy 100 Roasted Sweet Potato 45 Green Peas 82 WW Roll 240 Apple Sauce 13  <b>Cal: 819 Sodium 618 mg Carb: 98 g From Meal: 71 g</b></p>	<p><b>3</b> Cheese Lasagna w/ Marinara Sauce 285 Italian Vegetables 19 WW Breadstick 65 Chocolate Chip Oatmeal Bar 75  <b>Cal: 583 Sodium: 582 mg Carb: 85 g From Meal: 50 g</b></p>
<p><b>6</b> Chicken w/ Pineapple Black Bean 247 Salsa 2 White Rice 2 Carrot Coins 67 WW Bread 65 Fresh Apple 2 <b>Cal: 656 Sodium: 519 mg Carb: 105 g From Meal: 69 g</b></p>	<p><b>7</b> Beef Shepherd's Pie 276 California Vegetables 30 WW Breadstick 65 Hot Cinnamon Peaches 6  <b>Cal: 696 Sodium: 514 mg Carb: 79 g From Meal: 49 g</b></p>	<p><b>8 NO MILK</b> Three Cheese Omelet 294 Home Fries 46 Peppers and Onions 17 Blueberry Snack Loaf 20 Strawberry Yogurt 80 Orange Juice 56 <b>Cal: 790 Sodium: 679 mg Carb: 98 g From Meal: 66 g</b></p>	<p><b>9</b> Pot Roast w/ Gravy 79 Buttered Noodles 38 Mixed Vegetables 42 Oatmeal Bread 240 Vanilla Wafers 117  <b>Cal: 794 Sodium: 469 mg Carb: 94 g From Meal: 50 g</b></p>	<p><b>10</b> Lemon Dill Pollock 79 Brown Rice w/ Orzo 38 Jardiniere Vegetables 4 WW Bread 240 Diced Pineapple 0  <b>Cal: 592 Sodium: 474 mg Carb: 96 g From Meal: 63 g</b></p>
<p><b>13</b> BBQ Pulled Pork 385 O'Brien Potatoes 6 Winter Vegetables 43 WW Hamburger Bun 80 Mixed Fruit Cup 5  <b>Cal: 654 Sodium: 656 mg Carb: 94 g From Meal 68 g</b></p>	<p><b>14 VALENTINE'S DAY</b> Chicken Marsala 444 Parslied Rotini 4 Green Beans 3 WW Breadstick 65 Fresh Apple 2  <b>Cal: 711 Sodium: 655 mg Carb: 112 g From Meal: 75 g</b></p>	<p><b>15 COLD MEAL</b> Chicken Salad 75 Pasta Vegetable Salad 142 Tomato Cucumber Salad 3 WW Hamburger Bun 80 Fig Bar 99 Mod: Vanilla Wafers 117 <b>Cal: 921 Sodium: 537 mg Carb: 93 g From Meal: 59 g</b></p>	<p><b>16</b> Roast Beef w/ Gravy 79 Parslied Potatoes 8 Cabbage and Carrots 49 Ww Breadstick 65 Apple Crisp 131  <b>Cal: 794 Sodium: 469 mg Carb: 94 g From Meal: 50 g</b></p>	<p><b>17</b> Baked Ziti Casserole 323 Italian Vegetables 19 WW Bread 65 Hot Caramelized Pear 20  <b>Cal: 698 Sodium: 565 mg Carb: 98 g From Meal: 63 g</b></p>
<p><b>20</b> Chicken Picatta 248 Rotini 4 Tuscany Vegetables 41 Cracked Wheat Bread 115 Raisins 4  <b>Cal: 702 Sodium: 549 mg Carb: 113 g From Meal: 64 g</b></p>	<p><b>21</b> Beef Chili 260 White Rice 5 Green Beans 3 Cornbread Muffin 80 Lemon Square 105 MOD: SF Lemon Cookie 60 <b>Cal: 888 Sodium: 591 mg Carb: 103 g From Meal: 69 g</b></p>	<p><b>22</b> Hamburger 285 Home Fried Potatoes 19 Broccoli 65 WW Hamburger Roll 60 Ketchup 55 Lorna Doones 100 <b>Cal: 767 Sodium: 568 mg Carb: 96 g From Meal: 70 g</b></p>	<p><b>23</b> Beef and Pepper Casserole 224 Fiesta Blend Vegetables 23 WW Dinner Roll 240 Fresh Banana 1  <b>Cal: 755 Sodium: 625 mg Carb: 82 g From Meal: 57 g</b></p>	<p><b>24</b> Potato Crunch Fish 330 White Rice w/ Orzo 77 California Vegetables 30 Whole Wheat Bread 65 Lemon Juice 1 Diced Peaches 6 <b>Cal: 664 Sodium: 646 mg Carb: 88 g From Meal: 58 g</b></p>
<p><b>27</b> American Chop Suey 153 Brussels Sprouts 17 WW Bread 65 Caramelized Pears 20  <b>Cal: 856 Sodium: 393 mg Carb: 109 g From Meal: 73 g</b></p>	<p><b>28</b> BBQ Chicken 368 Roasted Sweet Potatoes 45 Collard Greens 57 Corn Muffin 80 Fresh Orange 0  <b>Cal: 676 Sodium: 568 mg Carb: 102 g From Meal: 71 g</b></p>	<p><b>29</b> Breaded Whitefish 401 Rice w/ Orzo and Peas 16 California Blend 30 Vegetables 30 WW Breadstick 65 Lemon Juice 1 Mixed Fruit 5 <b>Cal: 595 Sodium: 655 mg Carb: 94 g From Meal: 68 g</b></p>	<p><b>30</b> Meatloaf w/ Gravy 377 Baked Potato 4 Scandinavian Vegetables 41 WW Bread 65 Sour Cream 56 Chocolate Chip Cookie 56  <b>Cal: 790 Sodium: 689 mg Carb: 86 g From Meal: 59 g</b></p>	<p><b>31</b> Filled Rigatoni w/ Pesto Sauce 396 Italian Vegetables 19 Cracked Wheat Bread 115 Raisins 30  <b>Cal: 1028 Sodium: 672 mg Carb: 156 g From Meal: 114 g</b></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



**SHARE YOUR THOUGHTS!**

Have a great story about your program delivery driver? We want to know!

Call us at (401) 351-6700.

Spread the word! Our 2023 March for Meals campaign is officially here! Throughout the month, keep an eye out for Meals on Wheels of RI supporters raising awareness in the community.

march  
for meals  
#MoreThanAMeal