



**MEALS ON WHEELS OF RI**  
**HOME DELIVERED ASIAN MENU – MARCH 2023**

*Catered by TRIO Community Meals*  
*Menu subject to change*

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

#MoreThanAMeal

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b><u>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</u></b> Cash, Check, Money Order, SNAP, PayPal <i>Make checks payable to:</i> <b>Meals on Wheels of RI</b> <b>70 Bath St.</b> <b>Providence, RI 02908</b> <b>(401) 351-6700</b>	<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>	<b>1</b> Roasted Tofu w/ Plum Sauce Broccoli Chef's Rice Bread Fruit	<b>2</b> Pork w/ Teriyaki Sauce LoMein noodles Asian Veggies Bread Fruit	<b>3</b> Chicken Fried Rice Mixed Veggies Bread Fruit
<b>6</b> Honey-Orange Chicken Thighs White Rice Broccoli Bread Fruit	<b>7</b> Stir Fried Vegetables Over Rice Bread Fruit	<b>8</b> Braised Chicken Asparagus & Mushrooms Jasmin Rice Bread Fruit	<b>9</b> Sesame-Ginger Beef Noodles Asian Veg Bread Fruit	<b>10</b> Sweet & Sour Chicken White Rice Stir Fry Veg Bread Fruit
<b>13</b> Beef teriyaki White Rice Vegetables Bread Fruit	<b>14</b> White Fish w/ Black Bean Sauce Baby Bok Choy Noodles Bread Fruit	<b>15</b> Chicken w/ Garlic Sauce Noodles Stir Fry Vegetables Bread Fruit	<b>16</b> Sesame Chicken White Rice Green Beans in Black bean sauce Bread Fruit	<b>17</b> Egg Roll in a Bowl White Rice Broccoli Bread Fruit
<b>20</b> Gochujang Chicken w/ Noodles Asian Vegetable Blend Bread Fruit	<b>21</b> Teriyaki Chicken Rice Stir Fry Vegetables Bread Fruit	<b>22</b> White Fish w/ Lemongrass Sauce White Rice Green Beans Bread Fruit	<b>23</b> Vegetarian Delight Chef's Rice Vegetables Bread Fruit	<b>24</b> Curry Beef White Rice Broccoli Bread Fruit
<b>27</b> General Tos Chicken Rice Stir Fry Vegetables Bread Fruit	<b>28</b> Tofu and Vegetable w/ Soba noodles Mixed Vegetable Bread Fruit	<b>29</b> Chicken Lo Mein w/ Vegetables Bread Fruit	<b>30</b> Beef & Broccoli White Rice Garlic Green Beans Bread Fruit	<b>31</b> Chicken w/ Ginger sesame Glaze Soba Noodles Vegetables Bread Fruit

**\*\*\* 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



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

**SHARE YOUR THOUGHTS!**

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

Call us at (401) 351-6700.