



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

*Catered by TRIO Community Meals
Menu subject to change*

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL 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	<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>	1 Swedish Meatballs Buttered Noodles Mixed Vegetables Wheat Bread Diced Pears	2 Roast Pork with Apple Cider Gravy Roasted Sweet Potato Green Pea WW roll Applesauce	3 Cheese Lasagna w/ tomato sauce Italian Veg Blend WW Breadstick Lemon Square
6 Veal Chop w/ Gravy Mashed Potato Carrots Wheat Bred Fresh Apple	7 Beef Shepherd's Pie California Veggies WW Breadstick Diced Pears	8 Cheese Omelet Home Fries Peppers & Onions Muffin Fresh Orange	9 Mac & Cheese w/ Diced Ham Mixed Vegetables Oatmeal Bread Vanilla Wafers	10 Lemon Dill Pollock Rice & Orzo Jardiniere Veggies Wheat Bread Diced Pineapple
13 BBQ Pulled Pork O'Brien Potatoes Winter Vegetables WW Hamburger Bun Fresh Apple	14 Chicken Pot Pie Green Beans Corn Muffin Hot Cinnamon Peaches	15 Cheeseburger Tater Tots Scandinavian Vegetables WW Hamburger Bun Ketchup Fresh Apple	16 Baked Ziti Casserole Italian Veg Blend WW Bread Stick Mixed Fruit	17 Corn Beef Parsley Potato Cabbage & Carrots Mustard Wheat Bread Pound Cake
20 Chicken Picatta Parsley Pasta Broccoli Cracked Wheat Raisins	21 Beef Chili White Rice Green Beans Corn Muffin Diced Peaches	22 Hot Dog Roasted Potato Broccoli WW Hot Dog Roll Mustard Lorna Doone's	23 Salisbury Steak w/ Gravy Buttered Noddle's Spinach WW Roll Fresh Orange	24 Potato Crunch Fish Potato Wedges Carrots Wheat Bread Tartar Sauce Oatmeal Bar
27 American Chop Suey Broccoli Corn Muffin Parmesan Cheese Caramelized Peaches	28 BBQ Chicken Roasted Sweet Potato Green Beans WW Hamburger roll Fresh Orange	29 Breaded Fish Potato Wedges California veg blend WW breadstick Tartar Sauce Mixed Fruit	30 Meatloaf W/ Gravy Baked Potato Green Peas WW Roll Sour Cream Fresh Apple	31 Stuffed Pasta W/ Tomato Sauce Italian Veggies Scala Bread Parmesan Cheese Raisins

*** 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
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SHARE YOUR THOUGHTS!

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

Call us at (401) 351-6700.