



MEALS ON WHEELS OF RI CAPITAL CITY CAFÉ MENU – MAY 2023

Catered by Encore
Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fresh fruit Scrambled eggs Home fries Bacon, Sausage Muffin Spinach salad	2 Chicken soup Chicken Francese Spanish rice Green beans Sliced bread Jello Turkey & Swiss on rye	3 Cream of mushroom soup Sauteed beef w/ mushroom gry Mashed sweet potatoes Multi grain bread Mixed fruit Cucumber salad w/ chicken	4 Vegetable soup Smothered pork chop Mashed potato Peas & carrots Snowflake roll Fruit Chicken sandwich ww roll	5 Lentil soup Open turkey sandwich Cole slaw Potato wedges Sliced ww bread Cookie Romaine salad w/chicken
8 Pasta & bean soup Sausage & Pepper sandwich Roasted broccoli & carrots Multi grain roll Pudding Chef salad	9 Tomato Soup Herb roasted chicken Green beans Sweet potato Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll	10 Greek cucumber salad Pork roast w/grvy Rice pilaf w/ mushrooms Mixed vegetables Roll Oatmeal raisin cookie Ham & cheese club	11 Chicken soup Stuffed chicken breast w/gravy Au gratin potatoes Baby carrots Roll Cake Turkey on wheat	12 Cream of broccoli soup Pepper steak Green bean salad Roasted potato Sliced bread Fruit Egg salad sandwich
15 Cottage cheese w/ fruit Sloppy joe Pasta salad 3 – bead salad Roll (whole wheat) Chocolate chip cookie Grilled veggie salad w/chicken	16 Escarole bean & sausage soup Honey glazed chicken breast Rice pilaf Italian mixed vegetables Mixed fruit / roll Tuna salad plate	17 Vegetable soup Meatball stroganoff Mashed potatoes Peas & onions Whole Wheat roll - cookie Turkey & Swiss/whole wheat	18 Roasted chickpea salad Meatloaf w gravy Potatoes wedges Mixed vegetables - roll Fruit Spinach salad w/ chicken	19 Chicken & rice soup Balsamic glazed pork tender loin Roasted broccoli & carrots Rice pilaf / roll Fruit salad Roast beef on a ww roll
22 Tomato soup Chicken alfredo Mixed vegetables Roasted sweet potatoes Ww roll - cake Cobb salad	23 Chicken soup Teriyaki beef tips Fried rice Green beans Jello - roll Egg salad on multi grain roll	24 Lentil soup Herb crusted pork loin Parsley potatoes Zucchini & carrots Fresh fruit Multi grain bread Seafood salad plate	25 Minestrone Soup Baked pasta w/sausage, cheese & meatballs Roasted broccoli & cauliflower Lorna doone cookie -ww bread Chicken salad sandwich	26 Portuguese kale soup Meatball sandwich 3 -bean salad Tater tots Ww roll - fruit Ham & cheese on rye
29 <div style="text-align: center; font-size: 1.5em; font-weight: bold;">Closed</div>	30 Cream of broccoli soup Chicken cacciatore Roasted potato Ww roll Coffee cake Pasta salad w/ chicken	31 Cream of chicken soup Tossed salad Stuffed manicotti w/ meat sauce Garlic bread Fruit Hot dog w/ roll	SERVING SIZES Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup	

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.

*** 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° 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

Happy Memorial Day!



Happy Mother's Day!



It's Older Americans Month!

This year's theme is Aging

Unbound. How do you

maintain engagement,

independence, and inclusion?



Meals on Wheels of
RI will be closed on
Monday, May 29.