



MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – MAY 2023

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Roasted Tofu w/ Plum Sauce Broccoli Chef's Rice Bread Fruit	2 Pork w/ Teriyaki Sauce LoMein noodles Asian Veggies Bread Fruit	3 Chicken Fried Rice Mixed Veggies Bread Fruit	4 Honey-Orange Chicken Thighs White Rice Broccoli Bread Fruit	5 Stir Fried Vegetables Over Rice Bread Fruit
8 Braised Chicken Asparagus & Mushrooms Jasmin Rice Bread Fruit	9 Sesame-Ginger Beef Noodles Asian Veg Bread Fruit	10 Sweet & Sour Chicken White Rice Stir Fry Veg Bread Fruit	11 Beef teriyaki White Rice Vegetables Bread Fruit	12 White Fish w/ Black Bean Sauce Baby Bok Choy Noodles Bread Fruit
15 Chicken w/ Garlic Sauce Noodles Stir Fry Vegetables Bread Fruit	16 Sesame Chicken White Rice Green Beans in Black bean sauce Bread Fruit	17 Egg Roll in a Bowl White Rice Broccoli Bread Fruit	18 Gochujang Chicken w/ Noodles Asian Vegetable Blend Bread Fruit	19 Teriyaki Chicken Rice Stir Fry Vegetables Bread Fruit
22 White Fish w/ Lemongrass Sauce White Rice Green Beans Bread Fruit	23 Vegetarian Delight Chef's Rice Vegetables Bread Fruit	24 STATEWIDE DOUBLE DELIVERY Curry Beef White Rice Broccoli Bread Fruit	25 General To's Chicken Rice Stir Fry Vegetables Bread Fruit	26 Tofu and Vegetable w/ Soba noodles Mixed Vegetable Bread Fruit
29 CLOSED, DELIVERY ON 05/24 Chicken Lo Mein w/ Vegetables Bread Fruit	30 Beef & Broccoli White Rice Garlic Green Beans Bread Fruit	31 Chicken w/ Ginger sesame Glaze Soba Noodles Vegetables Bread Fruit	<u>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</u> Cash, Check, Money Order, SNAP, PayPal Make checks payable to: 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>

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

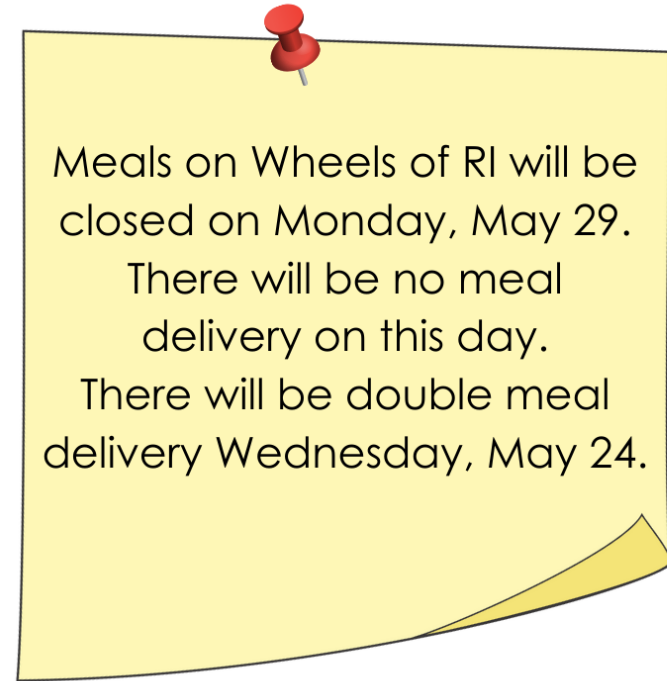
“ You have kept me healthy and happy after my husband passed away. I am moving to Massachusetts to be closer to my son and hope the program in that area will be as good as yours.”

Georgette, Pawtucket Client



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.

There will be no meal delivery on this day.

There will be double meal delivery Wednesday, May 24.

Happy Memorial Day!



Happy Mother's Day!