



**MEALS ON WHEELS OF RI**  
**HOME DELIVERED MENU – MAY 2023**  
*Catered by TRIO Community Meals*  
*Menu subject to change*

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> American Chop Suey Jardiniere Vegetables WW Dinner Roll Diced Pears	<b>2</b> BBQ Chicken Whipped Sweet Potatoes Spinach Whole Wheat Bread Lorna Doone	<b>3 COLD MENU</b> Egg Salad Potato Salad Tomato Broccoli Cucumber Salad WW Hamburger Bun Fresh Banana	<b>4</b> Roast Pork w/Gravy Roasted Potatoes Mixed Vegetables WW Dinner Roll Fresh Pear	<b>5</b> Corned Beef Stew Roasted Potato's WW roll Graham Cracker
<b>8</b> Chicken Pot Pie Green Beans Corn Muffin Mixed Fruit	<b>9</b> Cheeseburger Potato Wedges Jardiniere Vegetables Ketchup WW Hamburger Bun Fresh Banana	<b>10</b> Potato Crunch Fish O'Brien Potatoes Zucchini Squash WW Breadstick Tartar Sauce Lorna Doones	<b>11</b> Beef Chili White Rice Chuckwagon Vegetables WW Roll Fresh Peach	<b>12</b> Pot Roast with Gravy Buttered Noodles Butternut Squash Oatmeal Bread Applesauce
<b>15</b> Cheese omelet Tater Tots Peppers and Onions Muffin Fruit Cup	<b>16</b> Pork Choppette w/ Apple Cider Gravy Roasted Sweet Potatoes Italian Green Beans Corn Muffin Applesauce	<b>17</b> Hawaiian Chicken Pineapple Rice Green Beans Oatmeal Bread Fresh Nectarine	<b>18</b> Breaded Pollock Rice w/ Orzo and Peas California Blend Vegetables WW Breadstick Tartar Sauce Mixed Fruit	<b>19</b> Meatloaf w/Gravy Baked Potato Half Green Peas Sour Cream Whole Wheat Bread Fresh Apple
<b>22</b> BBQ Riblet Tater Tots Scandinavian Vegetables WW Hamburger Bun Graham Crackers	<b>23</b> Meatball Stroganoff Buttered Noodles Mixed Vegetables WW Bread Diced Peaches	<b>24 STATEWIDE DOUBLE DELIVERY</b> Herbed Chicken Breast Whipped Sweet Potatoes Collard Greens Multigrain Bread Fresh Orange	<b>25</b> Pork Lo Mein Asian Vegetable WW Bread Mixed Fruit Cup	<b>26</b> Roast Turkey w/Gravy Garlic Mashed Potatoes Green Peas Snowflake Roll Cranberry Sauce Fresh Plum
<b>29 CLOSED, DELIVERY ON 05/24</b> Chicken Stew Rice Pilaf Green Beans Corn Muffin Diced Pears	<b>30 COLD MENU</b> Tuna Salad Cucumber Tomato Salad Potato Salad WW Hamburger Roll Fresh Banana	<b>31</b> Hot Dog Vegetarian Baked Beans Scandinavian Vegetables Hot Dog Bun Mustard PC Fresh Peach	<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>	<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>

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

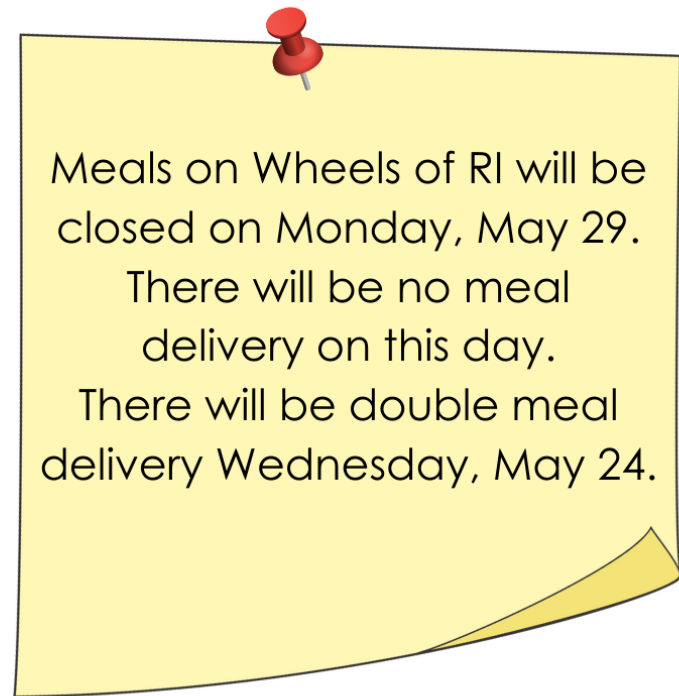
WGR - whole grain

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



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.

It's Older Americans Month!  
This year's theme is Aging Unbound. How do you maintain engagement, independence, and inclusion?



Happy Memorial Day!



Happy Mother's Day!