



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

Catered by TRIO Community Meals

Follow us on
Facebook, Twitter & Instagram

www.rimeals.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 American Chop Suey 292 Jardiniere Vegetables 31 WW Dinner Roll 240 Diced Pears 6 Cal: 825 Sodium: 708 mg Carb: 106 g From Meal: 75	2 BBQ Chicken 248 Whipped Sweet Potatoes 36 Spinach 110 Whole Wheat Bread 65 Fig Bar 99 Cal: 638 Sodium: 696 mg Carb: 100 g From Meal: 68	3 COLD MENU Egg Salad 224 Potato Salad 50 Tomato Broccoli & Cucumber Salad 15 WW Hamburger Bun 80 Fresh Banana 1 Cal: 853 Sodium: 551 mg Carb: 97 g From Meal: 58	4 Roast Pork w/Gravy 97 Roasted Potatoes 6 Mixed Vegetables 42 WW Dinner Roll 240 Fresh Pear 2 Cal: 849 Sodium: 524 mg Carb: 107 g From Meal: 69	5 Chicken Fajita 120 Rice and Beans 70 Onions and Peppers 54 6" Tortilla 220 Hot Caramelized Peaches 20 Cal: 630 Sodium: 623 mg Carb: 85 g From Meal: 55
8 Chicken Pot Pie 490 Green Beans 3 Corn Muffin 80 Caramelized Pears 20 Cal: 673 Sodium: 696 mg Carb: 92 g From Meal: 75	9 Ham Burger 150 Roasted Potatoes 6 Jardiniere Vegetables 31 Ketchup 82 WW Hamburger Bun 80 Fresh Banana 1 Cal: 749 Sodium: 488 mg Carb: 109 g From Meal: 70	10 Potato Crunch Fish 333 O'Brien Potatoes 6 Zucchini Squash 2 WW Breadstick 65 Lemon Juice 1 Lorna Doones 100 Cal: 711 Sodium: 645 mg Carb: 87 g From Meal: 57	11 Beef Chili 260 White Rice 4 Chuckwagon Vegetables 3 WW Roll 240 Fresh Peach 0 Cal: 783 Sodium: 642 mg Carb: 99 g From Meal: 78	12 Pot Roast with Gravy 79 Buttered Noodles 38 Butternut Squash 4 Oatmeal Bread 240 Cupcake 140 MOD: HM Apple Crisp Cal: 925 Sodium: 639 mg Carb: 106 g From Meals: 65
15 Chicken Picatta 248 Rotini 4 Tuscan Vegetables 41 Cracked Wheat Bread 115 Raisins 4 Cal: 702 Sodium: 549 mg Carb: 113 g From Meal: 64	16 Salmon w/ Apple Glaze 323 Roasted Sweet Potatoes 45 Italian Green Beans 3 Corn Muffin 80 Applesauce 20 Cal: 685 Sodium: 609 mg Carb: 97 g From Meal: 60	17 Hawaiian Chicken 227 Pineapple Rice 4 Green Beans 3 Oatmeal Bread 140 Fresh Nectarine 0 Cal: 616 Sodium: 511 mg Carb: 94 g From Meal: 68	18 Breaded Pollock 190 Rice w/ Orzo and Peas 95 California Blend Vegetables 30 WW Breadstick 65 Tartar Sauce 85 Mixed Fruit 5 Cal: 743 Sodium: 607 mg Carb: 99 g From Meal: 68	19 Meatloaf w/Gravy 202 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Whole Wheat Bread 65 Sugar Cookie 160 MOD: Vanilla Wafers 98 Cal: 964 Sodium: 659 mg Carb: 108 g From Meal: 70
22 BBQ Chicken Cutlet 248 Italian Roasted Potatoes 6 Scandinavian Vegetables 41 WW Hamburger Bun 80 Applesauce 5 Cal: 671 Sodium: 533 Carb: 100 g From Meal: 59	23 Beef Stroganoff 361 Buttered Noodles 38 Mixed Vegetables 42 WW Bread 65 Caramelized Peaches 20 Cal: 897 Sodium: 664 mg Carb: 107 g From Meal: 73	24 STATEWIDE DOUBLE DELIVERY Herbed Chicken Breast 200 Whipped Sweet Potatoes 36 Collard Greens 57 Molasses Bread 142 Oatmeal Cookie 105 MOD: Chocolate Oatmeal Bar 75 Cal: 559 Sodium: 677 mg Carb: 80 g From Meal: 55	25 Pork Lo Mein 369 Asian Vegetable 9 WW Bread 65 Graham Crackers 69 Cal: 758 Sodium: 650 mg Carb: 80 g From Meal: 61	26 Roast Turkey w/Gravy 124 Garlic Mashed Potatoes 53 Green Peas 82 WW Dinner Roll 240 Cranberry Sauce 1 Fresh Plum 0 Cal: 786 Sodium: 637 Carb: 116 g From Meal: 97
29 CLOSED, DELIVERY ON 05/24 Chicken Stew w/ Peas, Carrot, and Potatoes 116 Broccoli 12 Multigrain Bread 150 Lemon Grahams 95 Cal: 744 Sodium: 550 m Carb: 83 g	30 COLD MENU LS Chicken & Broccoli Penne Alfredo 392 Italian style blend Vegetables 36 Wheat Breadstick 65 Fresh Banana 1 Cal: 667 Sodium: 631 mg Carb: 95 g From Meal: 55	31 Hamburger 150 Vegetarian Baked Beans 140 Scandinavian Vegetables 41 Hamburger Bun 80 Ketchup PC 82 Fresh Peach 0 Cal: 647 Sodium: 630 mg Carb: 85 g From Meal: 64	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	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. *Indicates food item w/>500mg sodium v=high sodium meal

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

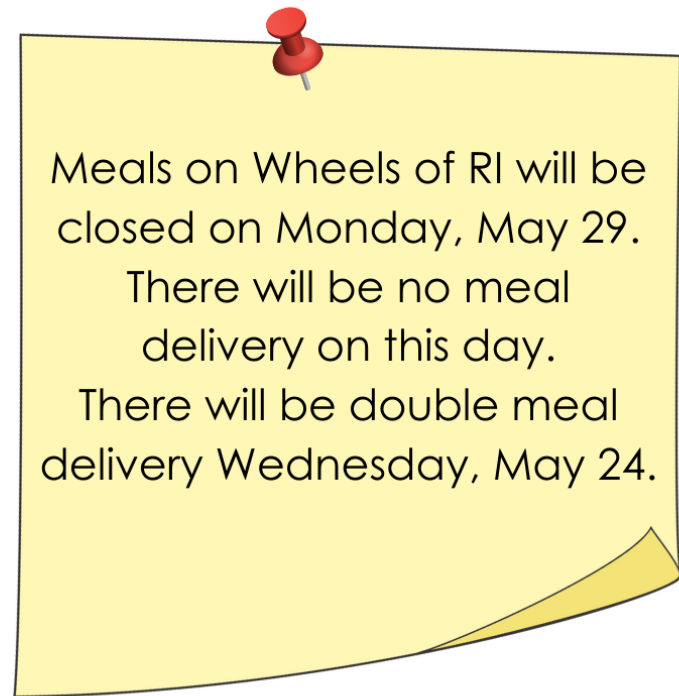
WGR - whole grain

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!