



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

Catered by TRIO Community Meals

Menu subject to change

Follow us on
Facebook, Twitter & Instagram
www.rimeals.org

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mexican Chicken w/ Brown rice with beans Corn with Peppers Corn muffins Fruit	2 Fiesta Chicken Steamed Yucca Black beans WW Dinner Roll Applesauce	3 Bean and cheese burito Yellow Rice Corn and peppers Wheat bread Fruit	4 Bean Salsa White rice Corn and peppers Tortilla Strawberry Oatmeal Bar	5 Cuban Beef Mashed Potato Peas Wheat bread Peaches
8 Braised chicken thigh w/ sofrito White rice Corn and peppers Tortilla Lemon Square	9 Spanish omelet Pepper and onion Seasoned potatoes WW Roll Raisins	10 Fiesta fish Lime brown rice Corn w/ Peppers Wheat bread Cookie	11 Mexica beef casserole Whipped potato Green beans w/ peppers Wheat bread Applesauce	12 Chicken fajita Yellow Rice Garlic broccoli wheat bread mixed fruit
15 Chicken with pineapple salsa Mashed sweet potatoes Corn Niblets WW Roll Fresh orange	16 Tamale beef strew White rice Carrots Cracked wheat bread Fresh pear	17 Chicken & cheese Quesadillia Steamed Yucca Corn Lorna Doones	18 Chicken enchilada pie Yellow Rice Tortilla Fresh orange	19 Beef Chili Rice Mixed Vegetables Corn muffin Pineapple tidbits
22 Beef Picadillo Broccoli Roasted potato WW Bun Diced fruit	23 Chicken margarita Black beans Garlic spinach Rye Bread Fresh orange	24 DOUBLE DELIVERY STATEWIDE Ropa Vieja-Beef Rice and beans Carrots Wheat roll Fresh apple	25 (Pollo con Naranja y Menta) Chicken with Orange and Mint Yellow Rice Broccoli and peppers Scala Bread Diced peaches	26 Cilantro & Lime Chicken Orzo Rice Green beans and peppers Wheat bread Fresh pear
29 CLOSED, DELIVERY ON 05/24 Breaded fish w/ enchilada Sauce Spinach Yellow Rice Wheat bread Mixed fruit	30 Meatloaf w/ gravy Red beans and rice Mexican corn WW Dinner Roll Fresh Orange	31 Stuffed pepper Refried beans Cauliflower florets WW Dinner Roll Applesauce	SUGGESTED VOLUNTARY DONATION: \$3.00 PER MEAL / Cash, Check, Money Order, SNAP, PayPal / <i>Make checks payable to: Meals on Wheels of RI, 70 Bath St. , Providence, RI 02908 / (401) 351-6700</i>	<i>Please call meal cancellations no later than 10:00 am before the next delivery day. You must be home to receive your food. For your safety and 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

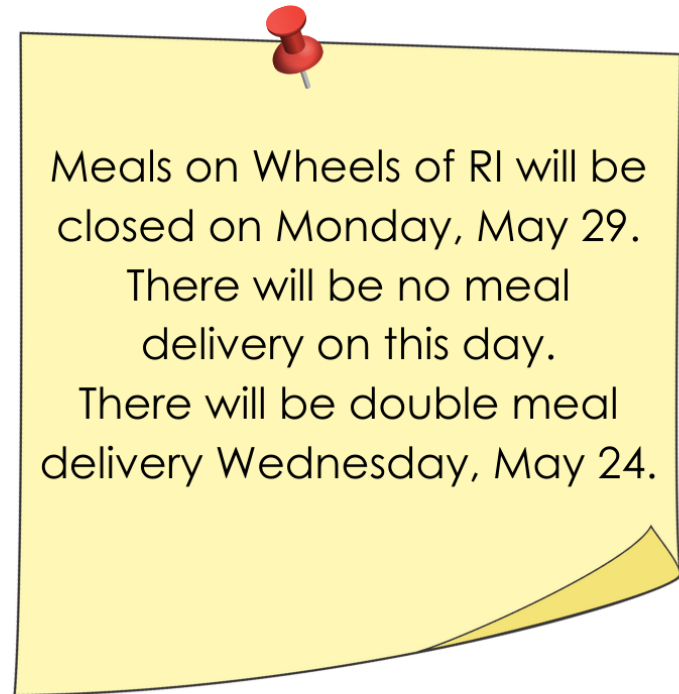
WGR - whole grain

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?



Happy Memorial Day!



Happy Mother's Day!