

Catered by Lindley Food Service

Menu is subject to change

# MEALS ON WHEELS OF RI

## HOME-DELIVERED MEAL PROGRAM

### ASIAN MENU – JUNE 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Teriyaki Chicken White Rice Green Beans in Garlic sauce Bread Fruit	<b>2</b> Vegetarian Delight Chef's Rice Vegetables Bread Fruit
<b>5</b> Egg Roll in a Bowl White Rice Broccoli Bread Fruit	<b>6</b> Chicken w/ Plum Sauce Rice Garlic Broccoli Bread Fruit	<b>7</b> Beef w/ Noodles & Baby Corn Vegetable Bread Fruit	<b>8</b> Gochujang Chicken w/ Noodles Vegetables Bread Fruit	<b>9</b> Teriyaki & Hoisin Pork Chef's Rice Vegetables Bread Fruit
<b>12</b> Chicken w/ Oyster Sauce Soba Noodles Broccoli Bread Fruit	<b>13</b> Spareribs w/ Black Bean Sauce White Rice Green Beans Bread Fruit	<b>14</b> <b>Double Meal Delivery</b> Roasted Tofu w/ Plum Sauce Broccoli Chef's Rice Bread Fruit	<b>15</b> White Fish w/ Black Bean Sauce Cabbage Noodles Bread Fruit	<b>16</b> Chicken w/ Oyster Sauce Vegetable Fried Rice Bread Fruit
<b>19</b> <b>HOLIDAY: Meals on Wheels of RI closed (Meal delivered June 14)</b> Beef Lo Mein Broccoli Bread Fruit	<b>20</b> Honey-Orange Chicken Thighs White Rice Broccoli Bread Fruit	<b>21</b> Mongolian Beef Noodles Asian Veg Bread Fruit	<b>22</b> Braised Chicken Asparagus & Mushrooms Jasmin Rice Bread Fruit	<b>23</b> White Fish w/ Lemongrass Sauce White Rice Green Beans Bread Fruit
<b>26</b> Chicken W/ Garlic Sauce Chef's Rice Mixed Veggies Bread Fruit	<b>27</b> Stir Fried Vegetables Over Rice Bread Fruit	<b>28</b> Sweet & Sour Chicken White Rice Stir Fry Veg Bread Fruit	<b>29</b> Beef & Broccoli White Rice Garlic Green Beans Bread Fruit	<b>30</b> Chicken w/ Ginger sesame Glaze Soba Noodles Vegetables Bread Fruit

# Welcome SUMMER

The first day of summer is Wednesday, June 21, 2023

## Meal Reheating Instructions

- Reheat meals to a temperature of at least 165 degrees Fahrenheit
- **DO NOT** reheat meals in toaster oven
- For microwave: peel back lid or slit film in each tray compartment to vent then reheat for 1 ¼ minutes. Add 30 seconds to reheating time after this as needed.
- For conventional oven: Preheat oven to 350 degrees Fahrenheit and place meal on a cookie sheet. Peel back lid to vent then reheat for a maximum of 10 minutes.

## REMINDER-NO MEAL DELIVERY ON JUNE 19

Meals on Wheels of RI will be closed on Monday, June 19 in observance of Juneteenth.

There is no meal delivery on this day.

**Double meals will be delivered on June 14.**

# HAPPY Father's DAY

## FATHER'S DAY IS SUNDAY, JUNE 18

From all of us at Meals on Wheels of RI,  
Happy Father's Day to all who celebrate & to all the fathers  
and father figures in your lives.

Meals on Wheels of Rhode Island is a nonprofit organization funded in part by the U.S. Administration on Aging (AOA) and state funds through the R.I. Office of Healthy Aging.