

Catered by TRIO
Community Meals

Menu is subject to change

MEALS ON WHEELS OF RI HOME-DELIVERED MEAL PROGRAM CARDIAC MENU – JUNE 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Honey mustard chicken - 262 Brown rice & orzo – 4 Broccoli florets – 12 Vienna bread – 97 Pineapple chunks – 1 Cal: 586 Sodium: 513 mg Carb: 105 g	2 Roast pork w/apple cider gravy- 100 Roasted potatoes – 6 Mixed vegetables – 42 Whole wheat roll – 240 Vanilla wafers – 98 Cal: 889 Sodium: 623 mg Carb 106g
5 Swiss cheese omelet – 186 Home fries – 6 Peppers & onions – 54 Snack loaf – 160 Yogurt – 75 Orange juice-no milk – 15 Cal: 747 Sodium: 527 mg Carb: 97 g	6 Chicken scallopini – 94 Parslied rotini – 4 Roman vegetables – 16 Whole wheat bread – 65 Brownie cookie – 230 Cal: 882 Sodium: 546 mg Carb: 117 g	7 Turkey chile – 260 Brown rice – 3 Chuckwagon vegetables – 3 Corn muffin – 80 Fresh nectarine – 0 Cal: 838 Sodium: 484 mg Carb: 107g	8 California chicken salad – 121 Pasta salad – 46 Spinach salad- – 47 Ww breadstick – 65 Mixed fruit cup – 5 Cal: 739 Sodium: 420 mg Carb: 79g	9 Hm meatloaf w/gravy – 202 Baked potato half – 4 Green beans – 3 Whole wheat bread- 65 Sour cream – 9 Sugar cookie – 160 Cal: 920 Sodium 580mg Carb: 101g
12 Hamburger – 150 Home fries – 6 Zucchini squash – 2 Mustard - 55 Ww hamburger bun – 80 Chocolate oatmeal bar – 75 Cal: 733 Sodium: 506 mg Carb: 98 g	13 Pasta w /meatsauce – 103 Tuscan vegetables – 41 Parmesan cheese – 55 Garlic roll – 240 Hot caramelized pears – 20 Cal: 812 Sodium: 497 mg Carb: 123 g	14 Double Meals Delivered Turkey chef's salad – 387 Pasta vegetable salad – 46 Ww breadstick – 65 Dressing – 20 Fresh apple – 2 Cal: 698 Sodium: 657 mg Carb: 83 g	15 BBQ pulled chicken – 110 Whipped sweet potatoes – 36 Fiesta vegetables – 16 Ww hamburger bun – 80 Chocolate pudding – 190 Cal: 732 Sodium: 570 mg Carb: 116g	16 Potato crunch pollock – 192 Brown rice pilaf – 16 Carrots – 67 Lemon juice – 1 Whole wheat bread – 65 Fresh orange – 0 Cal: 684 Sodium: 619 mg Carb: 100 g
19 HOLIDAY: NO DELIVERY (Meal delivered June 14) American chop suey – 153 Jardiniere vegetables – 31 Cracked wheat bread – 115 Apple crisp – 131 Cal: 1011 Sodium: 568 mg Carb: 120 g	20 Egg salad on lettuce – 240 Potato salad – 50 Tomato salad – 58 Ww roll – 240 Mandarin oranges – 7 Cal: 792 Sodium: 557 mg Carb: 86g	21 Chicken cacciatore – 65 Parslied rotini – 1 Green beans – 3 Dinner roll – 250 Lemon square – 105 Cal: 743 Sodium: 562 mg Carb: 95 g	22 Pork lo mein – 396 Broccoli flowerets – 12 Whole wheat bread – 65 Fresh pear – 2 Cal: 785 Sodium: 586 mg Carb: 93 g	23 Tuna salad on lettuce – 310 Greek orzo salad – 85 Three bean salad – 33 Ww breadstick – 65 Fresh banana – 1 Cal: 771 Sodium: 632 mg Carb: 89g
26 Turkey & Swiss – 97 German potato salad – 76 Tossed garden salad – 17 Dressing – 20 Ww hamburger bun – 80 Fresh apple – 2 Cal: 737: Sodium: 429 mg Carb: 92 g	27 Oven fried chicken w/gravy – 262 Roasted sweet potatoes – 45 Spinach - 10 Whole wheat bread – 65 Chocolate chip cookie – 56 Cal: 697 Sodium: 675 mg Carb: 92 g	28 Hamburger – 150 O'Brien potatoes – 6 California vegetables – 30 Ketchup – 82 Ww hamburger bun – 80 Fresh orange – 0 Cal: 695 Sodium: 485 mg Carb: 97 g	29 Salmon w/lemon dill sauce – 339 Brown rice & orzo – 4 Broccoli flowerets – 12 Vienna bread – 97 Jello – 85 Cal: 471 Sodium: 684 Carb: 59 g	30 Roast turkey w/gravy -114 Mashed potatoes - 165 Peas & carrots – 75 Cranberry sauce – 1 Whole wheat bread – 65 Fresh peach – 0 Cal: 644 Sodium: 566 Carb: 88 g

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.