

Catered by TRIO
Community Meals

Menu is subject to change

**MEALS ON WHEELS OF RI
HOME-DELIVERED MEAL PROGRAM
GENERAL WELLNESS MENU – JUNE 2023**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Honey Mustard Chicken Brown Rice & Orzo Broccoli Flowerets Vienna Bread Pineapple Chunks	2 Roast Pork with Apple Cider Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Fresh Apple Alt: Chicken nuggets
5 Cheese Omelet Home Fries Peppers & Onions Snack Loaf Yogurt Alt: Herbed chicken	6 Chicken Scallopini Parslied Rotini Roman Vegetables Whole Wheat Roll Blueberry Bites Alt: Pork chopette, mashed potatoes	7 Turkey Chile Brown Rice Chuckwagon Vegetables Corn Muffin Fresh Nectarine Alt: Turkey stew	8 California Chicken Salad Pasta Salad Spinach Salad with Mandarin Oranges WW Breadstick Mixed Fruit Cup Alt: Potato salad	9 Meatloaf w/Gravy Baked Potato Half Green Beans Whole Wheat Bread Sour Cream Lorna Doones Alt: Breaded chicken
12 Hot Dog Vegetarian Baked Beans Zucchini Squash Mustard WW Hot Dog Bun Chocolate Oatmeal Bar Alt: Hamburger	13 Pasta with Meatballs & Italian Sauce Tuscany Vegetables Parmesan Cheese Garlic Roll Diced Pears Alt: Stir fry chicken, white rice	14 Double Meals Delivered Turkey Chef's Salad Pasta Vegetable Salad Cracked Wheat Bread Dressing Fresh Apple Alt: Tuna salad, potato salad	15 BBQ Pulled Chicken Whipped Sweet Potatoes Fiesta Vegetables WW Hamburger Bun Lemon Square Alt: chicken patty	16 Potato Crunch Pollock Brown Rice Pilaf Carrots Tartar Sauce Rye Bread Fresh Orange Alt: Sweet & sour chicken
19 HOLIDAY: NO DELIVERY (Meal delivered June 14) Chicken Stew Jardiniere Vegetables Oatmeal Bread Fresh Apple	20 Egg Salad Potato Salad Cucumber Salad Whole Wheat Roll Fresh Clementine's Alt: Tuna salad	21 Chicken Cacciatore Parslied Rotini Green Beans Dinner Roll Graham Crackers Alt: Chicken stew, roasted potato	22 Macaroni and Cheese Peas and Carrots Wheat Bread Fresh Pear Alt: Meatloaf, mashed potato	23 Tuna Salad on Lettuce Greek Orzo Salad Three Bean Salad Whole Wheat Bun Fresh Banana Alt: Egg salad, potato salad
26 Turkey & Swiss German Potato Salad Tossed Garden Salad Dressing WW Hamburger Bun Fresh Apple Alt: Roast beef	27 Oven Fried Chicken with Gravy Roasted Sweet Potatoes Spinach Cracked Wheat Bread Chocolate Chip Oatmeal Bar Alt: Omelet	28 Cheeseburger Potato Wedges California Vegetables Ketchup WW Hamburger Bun Fresh Orange Alt: Chicken tenders	29 Pollock with Honey Ginger Sauce Brown Rice & Orzo Broccoli Flowerets Vienna Bread Jell-O Alt: Orange chicken	30 Roast Turkey w/ Gravy Mashed Potatoes Peas & Carrots Cranberry Sauce Whole Wheat Roll Fresh Peach Alt: Grilled chicken

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.