

Catered by TRIO
Community Meals

Menu is subject to change

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Stuffed pepper Refried beans Cauliflower florets Ww dinner roll Mixed fruit	2 Bean & cheese burrito Yellow rice Corn & peppers Wheat bread Blueberry bites
5 Fish w/ mango salsa White rice Pinto beans Wheat bread Apple oatmeal bar	6 Cilantro & lime chicken Orzo rice Green beans & peppers Wheat bread Fresh pear	7 Beef chili Yellow rice Mixed vegetables Corn muffin Pineapple tidbits	8 Pollo guisado (chicken stew) Black beans Broccoli w/ garlic Dinner roll Diced pears	9 Spanish Omelet Pepper & Onions Seasoned Potatoes Corn Muffin Yogurt
12 Chicken Margarita Black Beans Garlic Spinach Rye Bread Graham Crackers	13 Mojo Pork Roast Plantains Corn w/Red Peppers WG Roll Diced Fruit	14 Double Meals Delivered Chicken Fajita Yellow Rice Garlic Cauliflower WW Roll Fresh Orange	15 Spanish Fish Rice & Beans Corn & Peppers Wheat Bread Mixed Fruit Cup	16 Latin Chicken & Rice Plantains Peas & Carrots WW Roll Pineapple Tidbits
19 HOLIDAY: NO DELIVERY (Meal delivered June 14) Gambas al Pollo (Garlic Chicken) Yellow Rice Black Beans Multigrain Bread Mixed Fruit Cup	20 Beef Picadillo Zucchini White Rice WW Roll Fresh Pear	21 Chicken & Green Chile Enchiladas Rice & Red Beans Corn Wheat Bread Lorna Doones	22 Carnitas White Rice Peppers & Onions Scala Bread SF Cookie	23 Super Simple Chicken** Garlic Mashed Potatoes Mexican Corn Multigrain Bread Fresh Apple
26 Pollo con Naranja y Menta (Chicken w/Orange Juice & Mi Yellow Rice Broccoli & Peppers Scala Bread Clemintine	27 Cuban Beef w/Potatoes Spinach Plantains Fruit cup Graham Crackers	28 Chicken w/Pineapple Salsa Mashed Sweet Potatoes Corn Niblett's WW Roll Diced Peach	29 Pernil-inspired Pork w/ rice Plaintains WW roll Fresh Fruit	30 Patel De Chocio Broccoli Wheat Bread Fresh 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.