



MEALS ON WHEELS OF RI HOME-DELIVERED MEAL PROGRAM LATIN MENU – SEPTEMBER 2023

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL Cash, Check, Money Order, SNAP, PayPal <i>Make checks payable to:</i> Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700	<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 RI Office of Healthy Aging.</i>	<i>Please call-in meal cancellations no later than 10:00 am prior to the next delivery day. You must be home to receive your meal. For your safety & well-being, coolers are not allowed.</i>	STATEWIDE DOUBLE DELIVERY WILL BE: WEDNESDAY AUGUST 30, 2023	1 Mexican Chicken w Brown Rice Beans Corn w Peppers Corn Muffin Fruit
4 Stuffed Pepper Refried Beans Cauliflower Florets WW Dinner Roll Applesauce	5 Bean & Cheese Burrito Yellow Rice Corn & Peppers Wheat Bread Fruit	6 Diced Chicken w Black Bean Salsa White Rice Corn & Peppers Tortilla Apple Oatmeal Bar	7 Cuban Beef Mashed Potato Peas Wheat Bread Peaches	8 Braised Chicken Thigh w Sofrito White Rice Corn & Peppers Tortilla Lemon Square
11 Spanish Omelet Pepper & Onion Seasoned Potatoes WW Roll Raisins	12 Fiesta Fish Lime Brown Rice Corn & Peppers Wheat Bread Cookie	13 Mexican Beef Casserole Whipped Potato Green Beans w Peppers Wheat Bread Applesauce	14 Chicken Fajita Yellow Rice Garlic Broccoli Wheat Bread Mixed Fruit	15 Chicken w Pineapple Salsa Mashed Sweet Potatoes Corn Nibletts WW Roll Fresh Orange
18 Tamale Beef Stew White Rice Carrots Cracked Wheat Bread Fresh Pear	19 Chicken & Cheese Quesadilla Steamed Yucca Corn Lorna Doones	20 Chicken Enchilada Pie Yellow Rice Tortilla Fresh Orange	21 Beef Chili Rice Mixed Vegetables Corn Muffin Pineapple Tidbits	22 Beef Picadillo Broccoli Roasted Potato WW Bun Diced Fruit
25 Chicken Margarita Black Beans Garlic Spinach Rye Bread Fresh Orange	26 Ropa Vieja-Beef Rice & Beans Wheat Roll Fresh Apple	27 Chicken w Orange & Mint Yellow Rice Broccoli & Peppers Scala Bread Diced Peaches	28 Cilantro & Lime Chicken Orzo Rice Green Beans & Peppers Wheat Bread Fresh Pear	29 Chorizo w Peppers & Onion Red Beans w Rice Garlic Green Beans Wheat Bread Peaches

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REFRIGERATE MEALS IF NOT EATING IMMEDIATELY – MEAL WILL BE HOT AFTER REHEATING – PLEASE HANDLE CAREFULLY

***** 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 350 degrees 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

**HAPPY LABOR DAY!
REMINDER**

Meals on Wheels of RI will be closed Monday
September 4, 2023. There will be no meal
delivery that day. There will be double meal
delivery August 30th, 2023.

Remember to Vote!

9/5: Senate District 1 Primary

9/5: Foster Town Council Primary

9/5: Congressional District 1 Primary

