



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

Catered by TRIO Community Meals

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#MoreThanAMeal

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL Cash, Check, Money Order, SNAP, PayPal Make checks payable to: 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>	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.	STATEWIDE DOUBLE DELIVERY WILL BE: WEDNESDAY AUGUST 30, 2023	Pork w Teriyaki Sauce Lo Mein Noodles Asian Vegetables Bread Fruit
MOWRI CLOSED LABOR DAY 4 Roasted Tofu w Plum Sauce Broccoli Chef's Rice Bread Fruit	5	Stir Fried Vegetables over Rice Bread Fruit	7	Sesame-Ginger Beef Noodles Asian Vegetables Bread Fruit
11	Sweet & Sour Chicken White Rice Stir Fry Vegetables Bread Fruit	13	White Fish w Black Bean Sauce Baby Bok Choy Noodles Bread Fruit	15
Braised Chicken Asparagus & Mushrooms Jasmin Rice Bread Fruit	12	Beef Teriyaki White Rice Vegetables Bread Fruit	14	Chicken w Garlic Sauce Noodles Stir Fry Vegetables Bread Fruit
Sesame Chicken White Rice Green Beans in Black Bean Sauce Bread Fruit	18	19	Gochujang Chicken w Noodles Asian Vegetable Blend Bread Fruit	21
25	Egg Roll Fried Rice Broccoli Bread Fruit	20	Teriyaki Chicken Rice Stir Fry Vegetables Bread Fruit	22
Vegetarian Delight Chef's Rice Vegetables Bread Fruit	26	27	Tofu & Vegetables w Soba Noodles Mixed Vegetables Bread Fruit	28
29	Curry Beef White Rice Broccoli Bread Fruit	28	General Tso's Chicken Rice Stir Fry Vegetables Bread Fruit	29
29	29	29	29	Chicken Lo Mein w Vegetables Bread Fruit

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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

