



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

Follow us on  
Facebook, Twitter & Instagram

[www.rimeals.org](http://www.rimeals.org)

#MoreThanAMeal

Catered by TRIO Community Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Nutrition Information</b> is for the entire meal including bread, milk &amp; margarine. Nutrition information is approximate. Lactose free milk = 130 mg sodium. Margarine = 30 m sodium. From meal carb total includes meat, starch, vegetable and bread.</p>	<p><i>Meals on Wheels of RI is a non-profit organization funded in part by the U.S. Administration on Aging (AoA) &amp; state funds through the RI Office of Healthy Aging.</i></p> <p>*Indicates food item w/&gt;500mg sodium v=high sodium meal</p>	<p><b>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 &amp; well-being, coolers are not allowed.</b></p>	<p>STATEWIDE DOUBLE DELIVERY WILL BE: WEDNESDAY AUGUST 30, 2023</p>	<p style="text-align: right;"><b>1</b></p> <p>Meatloaf w Gravy 202 Baked Potato Half 4 Green Peas 82 WW Bread 65 Sour Cream 9 Vanilla Wafers 50 <b>Cal: 865; Sodium: 569mg; Carb: 96g</b></p>
<p><b>MOWRI CLOSED LABOR DAY 4</b></p> <p>Chicken Stew 408 Roasted Potato 6 Peas &amp; Carrots 3 Wheat Bread 65 SF Cookie 65</p> <p><b>Cal: 616; Sodium: 476mg; Carb: 82g</b></p>	<p style="text-align: right;"><b>5</b></p> <p>Pasta w Meat Sauce 103 Tuscany Vegetables 41 Parmesan Cheese 55 WW Roll 240 Hot Cinnamon Peaches 6</p> <p><b>Cal: 781; Sodium: 578mg; Carb: 122g</b></p>	<p style="text-align: right;"><b>6</b></p> <p>Pollock w Lemon Dill Sauce 235 Brown Rice Pilaf 16 Brussels Sprouts 17 Cracked Wheat Bread 115 Lemon Juice 1 Fresh Pear 2</p> <p><b>Cal: 580; Sodium: 518mg; Carb: 100g</b></p>	<p style="text-align: right;"><b>7</b></p> <p>BBQ Chicken 248 Mashed Spiced Yams 66 Fiesta Vegetables 16 WW Bread 65 Chocolate Pudding 190</p> <p><b>Cal: 724; Sodium: 619mg; Carb: 115g</b></p>	<p style="text-align: right;"><b>8</b></p> <p style="text-align: center;"><b>COLD MEAL</b></p> <p>Chicken Salad 123 Balsamic Pasta Salad 14 Tossed Salad 17 Cracked Wheat Bread 115 Dressing 20 Fresh Orange 0</p> <p><b>Cal: 752; Sodium: 422mg; Carb: 91g</b></p>
<p style="text-align: right;"><b>11</b></p> <p>American Chop Suey 399 Jardiniere Vegetables 31 WW Breadsticks 65 Hot Caramelized Pears 20</p> <p><b>Cal: 758; Sodium: 649mg; Carb: 98g</b></p>	<p style="text-align: right;"><b>12</b></p> <p style="text-align: center;"><b>COLD MEAL</b></p> <p>Egg Salad 22 Potato Salad 50 Cucumber Tomato Salad 3 WW Hamburger Bun 180 Lemon Bar 105</p> <p><b>Cal: 890; Sodium: 695mg; Carb: 84g</b></p>	<p style="text-align: right;"><b>13</b></p> <p>Chicken Cacciatore 65 Parslied Rotini 14 Green Beans 3 Dinner Roll 250 Mandarin Oranges 7</p> <p><b>Cal: 615; Sodium: 473mg; Carb: 84g</b></p>	<p style="text-align: right;"><b>14</b></p> <p>Roast Port w Brown Sugar Sage Sauce 118 Cheese Mashed Potatoes 248 Sliced Carrots 77 WW Bread 65 Fresh Apple 2</p> <p><b>Cal: 795; Sodium: 643mg; Carb: 96g</b></p>	<p style="text-align: right;"><b>15</b></p> <p style="text-align: center;"><b>COLD MEAL</b></p> <p>Tuna on Lettuce 294 Pasta Vegetable Salad 46 Three Bean Salad 33 WW Bread 65 Fudge Crème Cookie 80</p> <p><b>Cal: 823; Sodium: 677mg; Carb: 94g</b></p>
<p style="text-align: right;"><b>18</b></p> <p>Roast Chicken w Gravy 137 Roasted Sweet Potatoes 45 Spinach 110 Cracked Wheat Bread 115 Chocolate Chip Cookie 56</p> <p><b>Cal: 698; Sodium: 596mg; Carb: 90g</b></p>	<p style="text-align: right;"><b>19</b></p> <p>Potato Crunch Pollock 333 Herbed Brown Rice 4 Broccoli &amp; Carrots 45 WW Breadstick 65 Lemon Juice 1 Jell-O 95</p> <p><b>Cal: 544; Sodium: 676mg; Carb: 71g</b></p>	<p style="text-align: right;"><b>20</b></p> <p>Hamburger 150 Home Fries 6 Jardiniere Vegetables 31 WW Hamburger Bun 180 Ketchup 82 Fresh Banana 1</p> <p><b>Cal: 690; Sodium: 584mg; Carb: 103g</b></p>	<p style="text-align: right;"><b>21</b></p> <p style="text-align: center;"><b>COLD MEAL</b></p> <p>Turkey &amp; Swiss 70 German Potato Salad 200 Tossed Salad 18 WW Hamburger Bun 180 Mayonnaise 55 Fresh Pear 2</p> <p><b>Cal: 816; Sodium: 678mg; Carb: 101g</b></p>	<p style="text-align: right;"><b>22</b></p> <p>Cheese Lasagna w Bolognese Sauce 344 Tuscany Vegetables 41 Italian Bread 97 Hot Caramelized Apples 23</p> <p><b>Cal: 652; Sodium: 693mg; Carb: 76g</b></p>
<p style="text-align: right;"><b>25</b></p> <p>BBQ Pulled Chicken 91 Tater Tots 170 California Vegetables 30 WW Hamburger Bun 180 Mixed Fruit Cup 5</p> <p><b>Cal: 630; Sodium: 668mg; Carb: 79g</b></p>	<p style="text-align: right;"><b>26</b></p> <p>Macaroni &amp; Cheese 366 Mixed Vegetables 42 Cracked Wheat Bread 115 Hot Cinnamon Peaches 6</p> <p><b>Cal: 771; Sodium: 666mg; Carb: 140g</b></p>	<p style="text-align: right;"><b>27</b></p> <p>Salisbury Steak w Gravy 350 Brown Rice Pilaf 6 California Vegetables 30 WW Bread 65 Clementines 2</p> <p><b>Cal: 679; Sodium: 650mg; Carb: 89g</b></p>	<p style="text-align: right;"><b>28</b></p> <p style="text-align: center;"><b>COLD MEAL</b></p> <p>Chicken Salad on Lettuce 139 Pasta Salad 46 Tomato Broccoli 46 Cucumber Salad 58 Multigrain Bread 240 Watermelon Chunks 2</p> <p><b>Cal: 742; Sodium: 617mg; Carb: 80g</b></p>	<p style="text-align: right;"><b>29</b></p> <p>Pot Roast w Gravy 79 Roasted Potatoes 6 Butternut Squash &amp; Apples 4 Snowflake Roll 250 Lorna Doones 85</p> <p><b>Cal: 847; Sodium: 562mg; Carb: 98g</b></p>

**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 to 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 30<sup>th</sup>, 2023.

**Remember to Vote!**

9/5: Senate District 1 Primary

9/5: Foster Town Council Primary

9/5: Congressional District 1 Primary

