



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

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Catered by TRIO Community Meals

Menu subject to change

#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>	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	1 Meatloaf w Gravy Baked Potato Half Green Peas WW Bread Sour Cream Vanilla Wafers
MOWRI CLOSED LABOR DAY 4 Chicken Stew Roasted Potato Peas & Carrots Corn Muffin Cinnamon Bites	5 Meatballs & Pasta w Italian Sauce Tuscany Vegetables Parmesan Cheese WW Roll Diced Fruit	6 Breaded Cod Brown Rice Pilaf Brussels Sprouts Rye Bread Tartar Sauce Fresh Pear	7 BBQ Chicken Mashed Spiced Yams Fiesta Vegetables WW Bread Chocolate Pudding MOD: Chocolate Oatmeal Bar	8 Turkey Chef's Salad Balsamic Pasta Salad Cracked Wheat Bread Dressing Lemon Square
11 American Chop Suey Jardiniere Vegetables Oatmeal Bread Lorna Doones	COLD MEAL 12 Mediterranean Tortellini Salad Cucumber Tomato Salad WW Roll Fresh Orange	13 Chicken Cacciatore Parslied Rotini Green Beans Dinner Roll Apple Oatmeal Bar	14 Cheese Omelet Home Fries Peppers & Onion Muffin Fresh Apple	COLD MEAL 15 Tuna on Lettuce Italian Pasta Salad Three Bean Salad Cracked Wheat Bread Vanilla Bites
18 Oven Fried Chicken w Gravy Roasted Sweet Potatoes Spinach Multigrain Bread Chocolate Oatmeal Bar	19 Potato Crunch Pollock Herbed Brown Rice Broccoli & Carrots Snowflake Roll Tartar Sauce Jell-O	20 Cheeseburger Potato Wedges Jardiniere Vegetables WW Hamburger Bun Ketchup Fresh Banana	21 Turkey & Swiss German Potato Salad Tossed Salad WW Bulky Roll Mayonnaise Fresh Pear	22 Cheese Lasagna w Bolognese Sauce Tuscany Vegetables Italian Bread Parmesan Cheese Lemon Square
25 RibBQue Tater Tots California Vegetables WW Hamburger Bun Mixed Fruit Cup	26 Macaroni & Cheese Mixed Vegetables Cracked Wheat Bread Fresh Apple	27 Salisbury Steak w Gravy Brown Rice Pilaf California Vegetables WW Roll Clementines	COLD MEAL 28 Chicken Ceasar Salad Tomato Broccoli Cucumber Salad Pasta Salad Multigrain Bread Watermelon Chunks	29 Pot Roast w Gravy Roasted Potatoes Butternut Squash & Apples Snowflake Roll Lorna Doones

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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 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

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.

Happy Labor Day!



Remember to Vote!

9/5: Senate District 1 Primary

9/5: Foster Town Council Primary

9/5: Congressional District 1 Primary