



MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – NOVEMBER 2023

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

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 R.I. Office of Healthy Aging.

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

REMINDER

Meals on Wheels of RI will be closed Friday November 10, Thursday November 23, and Friday November 24, 2023.

There will be no meal delivery those days.

There will be double meal deliveries:

- Wednesday November 8
- Monday November 20
- Wednesday November 22

HAPPY VETERAN'S DAY

THANKSGIVING 2023!

Share a cherished Thanksgiving memory with a friend, family member, or your delivery driver!

