



MEALS ON WHEELS OF RI
LATIN MENU – NOVEMBER 2023
 Catered by TRIO Community Meals
 Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p>	<p><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></p>	<p align="right">1</p> <p>Mexican Chicken Brown Rice & Beans Corn w Peppers Corn Muffins Fruit</p>	<p align="right">2</p> <p>Stuffed Pepper Refried Beans Cauliflower Florets WW Dinner Roll Applesauce</p>	<p align="right">3</p> <p>Bean & Cheese Burrito Yellow Rice Corn & Peppers Wheat Bread Fruit</p>
<p align="right">6</p> <p>Diced Chicken w Black Bean Salsa White Rice Corn & Peppers Tortilla Apple Oatmeal Bar</p>	<p align="right">7</p> <p>Cuban Beef Mashed Potato Peas Wheat Bread Peaches</p>	<p align="center">DOUBLE DELIVERY 8</p> <p>Braised Chicken Thigh w Sofrito White Rice Corn & Peppers Tortilla Lemon Square</p>	<p align="right">9</p> <p>Spanish Omelet Pepper & Onion Seasoned Potatoes WW Roll Raisins</p>	<p align="center">HOLIDAY MOWRI CLOSED 10</p> <p>Fiesta Fish Lime Brown Rice Corn w Peppers Wheat Bread Cookie</p>
<p align="right">13</p> <p>Mexican Beef Casserole Whipped Potato Green Beans w Peppers Wheat Bread Applesauce</p>	<p align="right">14</p> <p>Chicken Fajita Yellow Rice Garlic Broccoli Wheat Bread Mixed Fruit</p>	<p align="right">15</p> <p>Chicken w Pineapple Salsa Mashed Sweet Potatoes Corn Nibletts WW Roll Fresh Orange</p>	<p align="right">16</p> <p>Tamale Beef Stew White Rice Carrots Cracked Wheat Bread Fresh Pear</p>	<p align="right">17</p> <p>Chicken & Cheese Quesadilla Steamed Yucca Corn Lorna Doones</p>
<p align="center">DOUBLE DELIVERY 20</p> <p>Chicken Enchilada Pie Yellow Rice Tortilla Fresh Orange</p>	<p align="right">21</p> <p>Beef Chili Rice Mixed Veggies Corn Muffin Pineapple Tidbits</p>	<p align="center">DOUBLE DELIVERY 22</p> <p>Beef Picadillo Broccoli Roasted Potato WW Bun Diced Fruit</p>	<p align="center">HOLIDAY MOWRI CLOSED 23</p> <p>Pernil Pork Arroz con Gandules Garlic Spinach Rye Bread Fresh Orange</p>	<p align="center">HOLIDAY MOWRI CLOSED 24</p> <p>Chicken Margarita Rice & Beans Carrots Wheat Roll Fresh Apple</p>
<p align="right">27</p> <p>Chicken w Orange Juice & Mint Yellow Rice Broccoli & Peppers Scala Bread Diced Peaches</p>	<p align="right">28</p> <p>Cilantro & Lime Chicken Orzo Rice Green Beans & Peppers Wheat Bread Fresh Pear</p>	<p align="right">29</p> <p>Chorizo w Peppers & Onion Red Beans w Rice Garlic Green Beans Wheat Bread Peaches</p>	<p align="right">30</p> <p>Chicken w Pineapple Salsa Mashed Sweet Potatoes Corn Nibletts Bread Fig Bar</p>	<p><u>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</u> 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</p>

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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 THANKSGIVING! 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!**