



## MEALS ON WHEELS OF RI HOME DELIVERED CARDIAC MENU – NOVEMBER 2023

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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><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 style="text-align: right;"><b>1</b></p> <p>Hawaiian Chicken 85 Pineapple Rice 4 California Veggies 30 WW Roll 180 Fresh Banana 1</p> <p>Cal: 610; Sodium: 432mg; Carb: 95g</p>	<p style="text-align: right;"><b>2</b></p> <p>Potato Crusted Pollock 333 Italian Roasted Potatoes 6 Broccoli 12 WW Bread 65 Lemon Juice 1 Mandarin Oranges 30</p> <p>Cal: 676; Sodium: 558mg; Carb: 99g</p>	<p style="text-align: right;"><b>3</b></p> <p>American Chop Suey 399 Jardiniere Veggies 31 WW Breadsticks 65 Caramelized Pears 20</p> <p>Cal: 758; Sodium: 649mg; Carb: 98g</p>
<p style="text-align: right;"><b>6</b></p> <p>BBQ Hamburger Patty 198 Home Fries 6 Sliced Carrots 77 WW Hamburger Bun 180 Fresh Apple 2</p> <p>Cal: 583; Sodium: 481mg; Carb: 79g</p>	<p style="text-align: right;"><b>COLD MEAL 7</b></p> <p>Chicken Salad on Lettuce 139 Pasta Salad 46 Three Bean Salad 33 Wheat Bread 65 Oatmeal Cream Cookie 150</p> <p>Cal: 969; Sodium: 556mg; Carb: 110g</p>	<p style="text-align: right;"><b>8</b></p> <p>Mac &amp; Cheese 366 Winter Veggies 14 Cracked Wheat Bread 115 Hot Cinnamon Apples 20</p> <p>Cal: 693; Sodium: 647mg; Carb: 125g</p>	<p style="text-align: right;"><b>9</b></p> <p>Pot Roast with Gravy 79 Buttered Noodles 38 Peas 82 WW Bread 65 Lorna Doones 100</p> <p>Cal: 763; Sodium: 557mg; Carb: 87g</p>	<p style="text-align: right;"><b>MOWRI CLOSED 10</b></p> <p>Cranberry Chicken 349 Mashed Potato 4 Carrots 2 Corn Muffin 80 Applesauce 5</p> <p>Cal: 646; Sodium: 633mg; Carb: 96g; From meal: 71g</p>
<p style="text-align: right;"><b>13</b></p> <p>Chicken Picatta 123 Parslied Rotini 4 Roman Veggies 16 Vienna Bread 150 Chocolate Chip Cookie 56</p> <p>Cal: 601; Sodium: 481mg; Carb: 79g</p>	<p style="text-align: right;"><b>14</b></p> <p>Beef Tortilla 393 Mexicali Rice 20 Chuckwagon Veggies 3 Pineapple Chunks 1</p> <p>Cal: 697; Sodium: 646mg; Carb: 82g</p>	<p style="text-align: right;"><b>15</b></p> <p>Honey Mustard Chicken 262 Brown Rice &amp; Orzo 4 Broccoli 12 Vienna Bread 150 Fresh Orange 0</p> <p>Cal: 582; Sodium: 561mg; Carb: 107g</p>	<p style="text-align: right;"><b>16</b></p> <p>Salmon w Lemon Dill Sauce 339 Oven Brown Potatoes 6 Mixed Veggies 42 WW Bread 65 Vanilla Wafers 50</p> <p>Cal: 700; Sodium: 635mg; Carb: 102g</p>	<p style="text-align: right;"><b>17</b></p> <p>Homemade Meatloaf w Gravy 202 Baked Potato Half 4 Stewed Tomatoes 251 WW Bread 65 Fresh Pear 2</p> <p>Cal: 765; Sodium: 656mg; Carb: 97g</p>
<p style="text-align: right;"><b>20</b></p> <p>Chicken Breast w Sweet/Sour 267 Fried Rice 108 Asian Veggies 43 Cracked Wheat Bread 115 Clementines 1</p> <p>Cal: 636; Sodium: 668mg; Carb: 89g</p>	<p style="text-align: right;"><b>21</b></p> <p>Swiss Cheese Omelet 318 Home Fries 6 Peppers &amp; Onions 54 Snack Loaf 115 Strawberry Yogurt 75</p> <p>Cal: 728; Sodium: 614mg; Carb: 97g</p>	<p style="text-align: right;"><b>22</b></p> <p>Chicken Marsala 414 Parslied Spiral Pasta 38 Green Beans Wheat Bread 65 Fresh Orange 1</p> <p>Cal: 780; Sodium: 767mg; Carb: 116g</p>	<p style="text-align: right;"><b>HOLIDAY MOWRI CLOSED 23</b></p> <p>Roast Chicken w Stuffing &amp; Gravy Mashed Potatoes Green Beans Corn Muffin Cranberry Sauce Apple Crisp</p> <p>Cal: 741; Sodium: 641mg; Carb: 88g</p>	<p style="text-align: right;"><b>MOWRI CLOSED 24</b></p> <p>Chicken Pot Pie Green Beans Corn Muffin Fresh Apple</p> <p>Cal: 575; Sodium: 504mg; Carb: 84g</p>
<p style="text-align: right;"><b>27</b></p> <p>Hamburger 270 O'Brien Potatoes 6 Zucchini &amp; Summer Squash 3 WW Hamburger Bun 180 Blueberry Lemon Bites 60</p> <p>Cal: 663; Sodium: 653mg; Carb: 89g</p>	<p style="text-align: right;"><b>28</b></p> <p>Pasta w Meat Sauce 389 Tuscany Veggies 41 WW Bread 65 Hot Cinnamon Peaches 6</p> <p>Cal: 758; Sodium: 634mg; Carb: 122g</p>	<p style="text-align: right;"><b>COLD MEAL 29</b></p> <p>Egg Salad 224 Pasta Veggie Salad 46 Tossed Salad 17 Italian Dressing 20 WW Breadsticks 65 Lemon Pudding 180</p> <p>Cal: 828; Sodium: 648mg; Carb: 89g</p>	<p style="text-align: right;"><b>30</b></p> <p>Beef Stew 127 Green Beans 3 Biscuit 340 Hot Caramelized Pears 20</p> <p>Cal: 636; Sodium: 624mg; Carb: 74g</p>	<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>

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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 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!**

