



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

Follow us on  
Facebook, Twitter & Instagram  
[www.rimeals.org](http://www.rimeals.org)

*Catered by TRIO Community Meals*

*Menu subject to change*

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</b> Cash, Check, Money Order, SNAP, PayPal <i>Make checks payable to:</i> Meals on Wheels of RI 70 Bath St. Providence, RI 02908 <b>(401) 351-6700</b>	<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>	<b>1</b> Hawaiian Chicken Pineapple Rice California Vegetables WW Roll Fresh Banana	<b>2</b> Potato Crusted Pollock Italian Roasted Potatoes Broccoli Dinner Roll Tartar Sauce Cupped Fruit	<b>3</b> American Chop Suey Jardiniere Vegetables Oatmeal Bread Chocolate Oatmeal Bar
<b>6</b> BBQ Riblet Tater Tots Sliced Carrots WW Hamburger Bun Fresh Apple	<b>7</b> Sheppard's Pie Green Peas WW Roll Apple oatmeal bar	<b>DOUBLE DELIVERY 8</b> Macaroni & Cheese Winter Vegetables Cracked Wheat Bread Fresh Orange	<b>9</b> Pot Roast with Gravy Buttered Noodles Peas Dinner Roll Lorna Doones	<b>HOLIDAY MOWRI CLOSED 10</b> Cranberry Chicken Mashed Potato Carrots Corn Muffin Applesauce
<b>13</b> Chicken Parmesan Rotini w/Italian Sauce Roman Vegetables Vienna Bread Fresh Apple	<b>14</b> Chicken Taco Mexicali Rice Chuckwagon Vegetables Taco Sauce Cupped Fruit	<b>15</b> Honey Mustard Chicken Brown Rice & Orzo Broccoli Vienna Bread Fresh Orange	<b>16</b> Salmon w/ Lemon-Dill Sauce Rice Pilaf Green Beans Wheat Bread Cinnamon Bites	<b>17</b> Meatloaf with Gravy Baked Potato Half Stewed Tomatoes Whole Wheat Bread Sour Cream Fresh Pear
<b>DOUBLE DELIVERY 20</b> Popcorn Chicken w/ Sweet & Sour Sauce** Fried Rice Asian Vegetables Oatmeal Bread Clementine	<b>21</b> Swiss Cheese Omelet Home Fries Peppers & Onions Snack Loaf Yogurt	<b>DOUBLE DELIVERY 22</b> Chicken Marsala Rice Pilaf Green Beans Wheat Bred Fresh Orange	<b>HOLIDAY MOWRI CLOSED 23</b> Roast Turkey with Stuffing & Gravy Mashed Potatoes Green Beans Corn Muffin Pumpkin Pie	<b>MOWRI CLOSED 24</b> Chicken pot Pie Green Beans Corn Muffin Fresh Apple
<b>27</b> Hot Dog Vegetarian Baked Beans Zucchini & Summer Squash Hot Dog Bun Mustard Blueberry Lemon Bites	<b>28</b> Pasta with Meat Sauce Tuscany Vegetables WW Roll Parmesan Cheese Hot Cinnamon Peaches	<b>29</b> Pork Choppette w/ Gravy Whipped Sweet Potatoes Mixed Vegetables WW Dinner Roll Jell-O	<b>30</b> Beef Stew Green Beans Corn Muffin Hot Caramelized Pears	<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>

**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!**