





MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – MARCH 2024

Catered by TRIO Community Meals

Menu subject to change

Follow us on
Facebook, Twitter & Instagram
www.rimeals.org

#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><u>VOLUNTARY SUGGESTED DONATION:</u> \$3.00 PER MEAL Cash, Check, Money Order, SNAP, PayPal Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700</p>			<p>1 Pot stickers w soy sauce White Rice Garlic Broccoli Bread Fruit</p>
<p>4 Roasted Tofu w Plum Sauce Broccoli Chef's Rice Bread Fruit</p>	<p>5 Sweet & Sour Chicken White Rice Stir Fry Veggies Bread Fruit</p>	<p>6 Stir Fry Veggies Over Rice Bread Fruit</p>	<p>7 Honey-Orange Chicken Thighs White Rice Broccoli Bread Fruit</p>	<p>8 Sesame-Ginger Beef Noodles Asian Veggies Bread Fruit</p>
<p>11 Braised Chicken Asparagus & Mushrooms Jasmin Rice Bread Fruit</p>	<p>12 STATEWIDE DOUBLES Egg Roll Fried Rice Broccoli Bread Fruit</p>	<p>13 Chicken Teriyaki White Rice Veggies Bread Fruit</p>	<p>14 White Fish w Black Bean Sauce Baby Bok Choy Noodles Bread Fruit</p>	<p>15 Chicken w Garlic Sauce Noodles Stir Fry Veggies Bread Fruit</p>
<p>18 Sesame Chicken White Rice Green Beans in Black Bean Sauce Bread Fruit</p>	<p>19 Sweet & Sour Beef White Rice Garlic Green Beans Bread Fruit</p>	<p>20 Gochujang Chicken w Noodles Asian Veggie Blend Bread Fruit</p>	<p>21 Teriyaki Chicken Rice Stir Fry Veggies Bread Fruit</p>	<p>22 White Fish w Lemongrass Sauce White Rice Green Beans Bread Fruit</p>
<p>25 Vegetarian Delight Chef's Rice Veggies Bread Fruit</p>	<p>26 Curry Beef White Rice Broccoli Bread Fruit</p>	<p>27 General Tso's Chicken Rice Stir Fry Veggies Bread Fruit</p>	<p>28 Tofu & Veggies w Soba Noodles Mixed Veggies Bread Fruit</p>	<p>29 Chicken Lo Mein w Veggies Bread Fruit</p>

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 delivering double meals on Wednesday March 12, 2024, to make up for non-delivery on Tuesday February 13, 2024

March for Meals is this month! We are raising awareness for our mission. We give our clients (that's you) an opportunity to share your stories with elected officials and business leaders so they will understand the importance of the services that Meals on Wheels of RI provides to people in their communities.

You have the power to inspire others just by sharing your story with Meals on Wheels. If you are interested in being part of March for Meals, please give us a call to learn more about how you can help!

