



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



Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	Nutrition Information is for the entire meal including bread, milk & 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.			1 Baked Pollock w/ Lemon Butter Sauce 216 Rosemary Roast Potatoes 109 Green Beans 3 Bread 115 Tangerine 4 Cal: 674 Sodium: 603 mg Carb: 85g
4 Turkey Chile 373 White Rice 2 Chuckwagon Vegetables 3 Corn Muffin 80 Chocolate Oatmeal Bar 85 Cal: 823 Sodium: 592mg Carb: 114g	5 Pasta with Bolognese Sauce 196 Italian Vegetables 19 Vienna Bread 150 Hot Caramelized Pears 20 Cal: 765 Sodium: 518 mg Carb: 115g	6 Hawaiian Chicken 95 Pineapple Rice 10 Mixed Vegetables 42 Multigrain Bread 150 Fresh Banana 1 Cal: 626 Sodium: 451mg Carb: 101g	7 Pork Roast w/ Gravy 177 Whipped Potatoes 20 Mixed Vegetables 42 Wheat Bread 65 Vanilla Pudding 220 MOD: SF Jello 95 Cal: 777 Sodium: 586g Carb: 92g	COLD MEAL 8 COLD MEAL Egg Salad 380 Carrot Raisin Salad 146 Tossed Salad 17 Whole Wheat Bread 65 Italian Dressing 20 Chocolate Chip Cookie 56 Cal: 833 Sodium: 655 mg Carb: 80g
11 Beef Patty with Gravy 295 Mashed Potatoes 20 Carrots 67 Whole Wheat Bread 65 Mixed Fruit Cup 5 Cal: 620 Sodium: 589mg Carb: 83g	STATEWIDE DOUBLES 12 COLD MEAL Chicken Salad 170 Coleslaw 64 Three Bean Salad 33 Whole Wheat Bread 65 Oatmeal Crème Cookie 150 Cal: 844 Sodium: 624mg Carb: 87g	13 Beef Burgundy 109 Buttered Noodles 38 Green Peas 82 Cracked Wheat Bread 115 Fresh Banana 1 Cal: 761sodium: 629mg Carb: 103g	14 Roast Beef with Gravy 177 Parslied Potatoes 16 Cabbage & Carrots 49 Wheat Bread 65 Lorna Doones 100 Cal: 746 Sodium: 545mg Carb: 90g	15 Macaroni & Cheese 366 Winter Vegetables 14 Cracked Wheat Bread 115 Hot Cinnamon Pears 56 Cal: 734 Sodium: 638mg Carb: 132g
18 Chicken Parmesan 265 Rotini 4 Italian Sauce 138 Peas & Carrots 75 Wheat Bread 65 Fresh Orange 0 Cal: 713 Sodium: 683mg Carb: 103g	19 Taco Beef 488 Brown Rice 20 Fiesta Vegetables 16 Flour Tortilla 95 Fresh Banana 1 Cal: 731Sodium: 664mg Carb: 84g	20 Chicken Cacciatore 169 Buttered Noodles 38 Broccoli & Cauliflower 14 WW Bread 65 Hot Cinnamon Pears 6 Cal: 654 Sodium: 591mg Carb: 89g	21 BBQ Pulled Pork 307 Home Fries 6 Greens Beans 3 WW Hamburger Bun 180 Fresh Apple 2 Cal: 672 Sodium: 636mg Carb: 93g	22 Vegetarian Chili 333 White Rice 3 Zucchini 67 Wheat Bread 65 Chocolate Chip Cookie 56 Cal: 592 Sodium: 672mg Carb: 99g
25 Sweet & Sour Chicken 267 Brown Rice 3 Asian Vegetables 43 Whole Wheat Bread 65 Jello 95 Cal: 587 Sodium: 611mg Carb: 76g	26 Sloppy Joe 217 Whipped Sweet Potatoes 36 Broccoli 12 WW Hamburger Bun 180 Fresh Apple 2 Cal: 749 Sodium: 584mg Carb: 97g	27 Chicken Scallopini 112 Parslied Rotini 4 Italian Vegetables 19 Vienna Bread 150 Fudge Round Cookie 85 MOD: Lorna Doones 100 Cal: 659 Sodium: 507mg Carb: 88g	28 Meatloaf Patty w/ Gravy** 453 Baked Potato Half 4 Roman Vegetables 16 WW Bread 65 Mixed Fruit 5 Cal: 662 Sodium: 680mg Carb: 76g	29 Swiss Cheese Omelet 315 Home Fries 6 Peppers & Onions 54 Maple Chip Pancake 162 Strawberry Yogurt 75 Orange Juice- No Milk 15 Cal: 708 Sodium: 658mg Carb: 96g

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 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 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!

