





**MEALS ON WHEELS OF RI**  
**LATIN MENU – MARCH 2024**  
 Catered by TRIO Community Meals  
 Menu subject to change

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[www.rimeals.org](http://www.rimeals.org)

#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>	<b><i>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.</i></b>			<b>1</b> Cuban Beef Mashed Potatoes Peas Wheat Bread Peaches
<b>4</b> Braised Chicken Thigh w Sofrito White Rice Corn & Peppers Tortilla Lemon Square	<b>5</b> Spanish Omelet Pepper & Onion Seasoned Potatoes WW Roll Raisins	<b>6</b> Fiesta Fish Lime Brown Rice Corn & Peppers Wheat Bread Cookie	<b>7</b> Mexican Beef Casserole Whipped Potatoes Green Beans & Peppers Wheat Bread Applesauce	<b>8</b> Chicken Fajita Yellow Rice Garlic Broccoli Wheat Bread Mixed Fruit
<b>11</b> Chicken w Pineapple Salsa Mashed Sweet Potatoes Corn Niblets WW Roll Fresh Orange	<b>12</b> Tamale Beef Stew White Rice Carrots Cracked Wheat Bread Fresh Pear	<b>13</b> Chicken & Cheese Quesadilla Steamed Yucca Corn Lorna Doones	<b>14</b> Chicken Enchilada Pie Yellow Rice Tortilla Fresh Orange	<b>15</b> Beef Chili Rice Mixed Veggies Corn Muffin Pineapple Tidbits
<b>18</b> Beef Picadillo Broccoli Roasted Potatoes WW Bun Diced Fruit	<b>19</b> Pernil Pork Arroz con Gandules Garlic Spinach Rye Bread Fresh Orange	<b>20</b> Chicken Margarita Rice & Beans Carrots Wheat Roll Fresh Apple	<b>21</b> Pollo con Naranja y Menta Yellow Rice Broccoli & Peppers Scala Bread Diced Peaches	<b>22</b> Cilantro & Lime Chicken Orzo Rice Green Beans & Peppers Wheat Bread Fresh Pear
<b>25</b> Chorizo w Peppers & Onion Red Beans w Rice Garlic Green Beans Wheat Bread Peaches	<b>26</b> Spanish Omelet Peppers Seasoned Potatoes Muffin Diced Fruit	<b>27</b> Beef Taco Yellow Rice Plantains Tortilla Fresh Apple	<b>28</b> Mexican Chicken w Brown Rice & Beans Corn & Peppers Corn Muffins Fruit	<b>29</b> Stuffed Pepper Refried Beans Cauliflower Florets WW Dinner Roll Applesauce

*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!

