



## MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – April 2024

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Lo Mein w/ Vegetables Bread Fruit	2 Pork w/ Teriyaki Sauce White Rice Asian Vegetables Bread Fruit	3 Chicken Lo Mein w Veggies Bread Fruit	4 Pork w/ Teriyaki Sauce White Rice Asian Veggies Bread Fruit	5 Roasted tofu w/ Plum Sauce Broccoli Chef Rice Bread Fruit
8 Chicken Fried Rice Mixed Veggies Bread Fruit	9 Stir Fry Veggies Over Rice Bread Fruit	10 Honey-Orange Chicken Thighs White Rice Broccoli Bread Fruit	11 Sesame-Ginger Beef Noodles Asian Veggies Bread Fruit	12 Braised Chicken Asparagus & Mushrooms Jasmin Rice Bread Fruit
15 Sweet & Sour Chicken White Rice Stir Fry Vegetables Bread Fruit	16 Beef Teriyaki White Rice Vegetables Bread Fruit	17 White Fish w Black Bean Sauce Baby Bok Choy Noodles Bread Fruit	18 Chicken w Garlic Sauce Noodles Stir Fry Veggies Bread Fruit	19 Sesame Chicken White Rice Green Beans in Black Bean Sauce Bread Fruit
22 Egg Roll Fried Rice Broccoli Bread Fruit	23 Gochujang Chicken w Noodles Asian Veggie Blend Bread Fruit	24 Teriyaki Chicken Rice Stir Fry Veggies Bread Fruit	25 White Fish w Lemongrass Sauce White Rice Green Beans Bread Fruit	26 Vegetarian Delight Chef's Rice Veggies Bread Fruit
29 Curry Beef White Rice Broccoli Bread Fruit	30 General To's Chicken Rice Stir Fry Vegetables Bread Fruit	<p><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></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 <b>(401) 351-6700</b></p>	

**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



**SPRING WORD SEARCH**

O K J G H P Z F V X Y Z  
G I S R U W B B O O T S  
A T Y A B L U E B I R D  
E E U S G A R D E N T H  
A H U S W Y W B K M U K  
P X U K Q B L O S S O M  
M G L M S J B A R T R C  
J U R R B A N E R A G R  
A P F A V R W E W F S L  
T D R I Q O E V S K V U  
U L I N L L G L C T R G  
L D A F F O D I L N V R  
I V U E P J H O J A C E  
P W I Q N C M U D O Q E  
S E E D S B S Q C X Q N



BLOSSOM  
BLUEBIRD  
BOOTS  
CHICKS  
DAFFODIL  
FLOWERS

GARDEN  
GRASS  
GREEN  
KITE  
MUD  
NEST

RAIN  
SEEDS  
TULIPS  
UMBRELLA  
WARM

