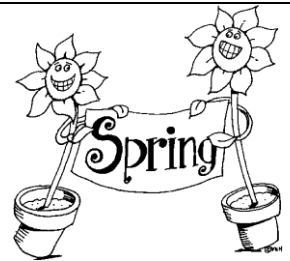


MEALS ON WHEELS OF RI
HOME DELIVERED CARDIAC MENU – April 2024
 Catered by TRIO Community Meals
 Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pasta w/ meat sauce 294 Italian vegetables 19 WW Bread 65 Hot caramelized Apple 23 Cal: 781 Sodium: 539 mg Carb:119 g	2 Chicken Stew 318 Green Beans 3 Corn Muffin 80 Hot Cinnamon Pears 19 Cal: 640 Sodium: 545 mg Carb:85 g	Cold Meal 3 Egg salad on lettuce bed 294 Potato Salad 50 Tomato Broccoli 58 Cucumber Salad WW Hamburger 180 Raisins 5 Cal: 837 Sodium: 659 mg Carb:98 g	4 Honey Mustard Chicken 235 Brown Rice & Orzo 4 Broccoli 12 Vienna Bread 150 Fresh Banana 1 Cal: 756 Sodium 540 mg Carb: 109	5 Roast pork w/ apple cider gravy 100 Mashed Potatoes 20 Mixed vegetables 42 Cracked Wheat Bread 115 Vanilla Pudding 220 MOD: Diet Gelatin Cal: 834 Sodium: 634mg Carb: 108g
8 Swiss Cheese Omelet 318 Home Fries 6 Peppers & Onions 54 Snack loaf 115 Yogurt 75 Orange Juice 15 Cal: 728 Sodium: 614mg Carb: 96g	9 Hamburger 150 Home fried potatoes 6 Zucchini squash 2 Ketchup 82 WW Hamburger bun 180 Apple oatmeal bar 85 Cal:709 Sodium: 643 mg Carb: 94g	10 Chicken Marsala 188 Parslied Rotini 4 Roman Vegetables 16 Vienna Bread 150 Lorna Doones 100 Cal: 666 Sodium: 595mg Carb: 83g	11 Turkey Chile 285 White Rice 2 Chuckwagon Vegetables 3 Corn muffin 80 Fresh nectarine 0 Cal: 743 Sodium: 507g Carb: 105g	12 HM Meatloaf w/ Gravy 300 Baked Potato Half 4 Green Peas 82 Sour Cream 9 WW Bread 65 Blueberry Bites 60 Cal: 893 Sodium: 657mg Carb: 100g
15 Beef patty w/ gravy 295 Mashed potatoes 20 Carrots 67 WW bread 65 Mixed fruit cup 5 Cal: 620 Sodium: 589mg Carb: 83g	16 Chicken Parmesan 265 Pasta w/ Italian Sauce 125 Italian Vegetables 19 WW Bread 65 Graham Cracker 50 Cal: 751 Sodium: 662mg Carb: 103g	Cold Meal 17 Dilled Egg Salad 289 Pasta Vinaigrette Salad 5 Coleslaw 64 Cracked Wheat Bread 115 Fresh Orange 0 Cal: 915sodium: 610mg Carb: 95g	18 Cajun Tilapia 102 Brown Rice Pilaf w/ peas & carrots 15 Carrots 77 Rye Bread 330 Fruit cup 6 Cal: 619 Sodium: 677mg Carb: 85g	19 American Chop Suey 126 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Cinnamon Peaches 6 Cal: 691 Sodium: 541mg Carb: 85g
22 BBQ Chicken 231 Mashed Spiced Yams 66 Fiesta Vegetables 16 WW Bread 65 Diet Gelatin 85 Cal: 635 Sodium: 641mg Carb: 97g	23 Macaroni & Cheese 366 Roman Vegetables 16 Vienna bread 150 Fresh Apple 2 Cal: 685 Sodium: 671mg Carb: 123g	24 Chicken Cacciatore 224 Parslied Rotini 4 Green Beans 3 Cracked Wheat Bread 115 Pineapple Tidbits 1 Cal: 780 Sodium: 763mg Carb: 112g	25 Potato Crunch Pollock 333 Buttered Rice 14 Broccoli & carrots 45 Lemon juice 1 WW bread 65 Fresh Pear 2 Cal: 721 Sodium: 597mg Carb: 110g	Cold Meal 26 Chicken Pasta Salad 120 California Vegetable Salad 190 Cracked Wheat Bread 115 Apple Cinnamon Grahams 85 Cal: 771 Sodium: 648mg Carb: 91g
29 Cheeseburger 390 Oven Browned Potatoes 6 Jardiniere Blend Vegetables 31 Ketchup 82 WW Hamburger Bun 180 Fresh Tangerine 4 Cal: 773 Sodium: 544mg Carb: 100g	30 Chicken w/ Gravy 284 Roasted Sweet Potatoes 45 Collard Greens 30 WW Bread 65 Cinnamon Bites 71 Cal: 719 Sodium: 569mg Carb: 95g	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.	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.	

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



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

