



MEALS ON WHEELS OF RI HOME DELIVERED MENU – April 2024

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 1 | 2 | Cold Meal 3 | 4 | 5 |
| Pasta w/ Meat sauce Italian Vegetables WW Dinner Roll Parmesan Cheese Hot Caramelized Apple | Chicken Stew Green Beans Corn Muffin Hot Cinnamon Pears | Tuna Salad on Lettuce Bed Potato Salad Tomato Broccoli Cucumber Salad WW Hamburger Bun Raisins | Honey Mustard Chicken Brown Rice & Orzo Broccoli Vienna Bread Fresh Banana | Pot Roast w/ Apple cider gravy Mashed Potatoes Mixed Vegetables WW Roll Gelatin |
| 8 | 9 | 10 | 11 | 12 |
| Swiss Cheese Omelet Home Fries Peppers & onions Snack Loaf Yogurt Orange Juice | Hot Dog Vegetarian Baked Beans Zucchini Squash Mustard WW Hot Dog bun Apple Oatmeal bar | Chicken Marsala Parslied Rotini Roman Vegetables Vienna Bread Lorna Doones | Turkey Chile White Rice Chuckwagon Vegetables Corn muffin Fresh nectarine | Meatloaf w/ Gravy Baked Potato Half Green Peas Sour Cream WW Bread Blueberry Bites |
| 15 | 16 | Cold Meal 17 | 18 | 19 |
| BBQ Riblet Roasted Sweet Potatoe Peas & Carrots WW Hamburger bun Fresh Apple | Chicken Parmesan Pasta w/ Italian Sauce Italian Vegetables Dinner Roll Parmesan Cheese Graham Cracker | Dilled Egg Salad Pasta Vinaigrette Salad Coleslaw Cracked Wheat Bread Fresh Orange | American Chop Suey Jardiniere Vegetables Oatmeal Bread Hot Cinnamon Peaches | Fiesta Fish Brown Rice Pilaf w/ peas carrots Carrots Rye Bread Leamon Square |
| 22 | 23 | 24 | 25 | Cold Meal 26 |
| BBQ Chicken Mashed Spiced Yams Fiesta Blend Vegetables WW Bread Chocolate Pudding | Macaroni & Cheese Spinach WW Roll Fresh Apple | Chicken Cacciatore Parslied Rotini Green Beans Dinner Roll Pineapple Tidbits | Potato Crunch Pollock Buttered Rice Broccoli & carrots Tarter Sauce WW Roll Fresh Pear | Mediterranean Tortellini Salad California Vegetable Salad Cracked Wheat Bread Apple Cinnamon Grahams |
| 29 | 30 | <u>VOLUNTARY SUGGESTED</u> DONATION: \$3.00 PER MEAL Cash, Check, Money Order, SNAP, PayPal <i>Make checks payable to:</i> Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700 | <p style="text-align: center;">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> | |

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

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BLOSSOM
BLUEBIRD
BOOTS
CHICKS
DAFFODIL
FLOWERS

GARDEN
GRASS
GREEN
KITE
MUD
NEST

RAIN
SEEDS
TULIPS
UMBRELLA
WARM

