



MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – May 2024

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Catered by TRIO Community Meals

Menu subject to change

#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.	<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 (401) 351-6700	1 Chicken Fried Rice Mixed Veggies Bread Fruit	2 Pot stickers w/ soy sauce White rice Garlic Broccoli Bread Fruit	3 Roasted Tofu w/ Plum Sauce Broccoli Chef's Rice Bread Fruit
6 Sweet & Sour Chicken White Rice Stir Fry Vegetables Bread Fruit	7 Stir Fried Vegetables w/ Tofu Over Rice Bread Fruit	8 Honey-Orange Chicken Thighs White Rice Broccoli Bread Fruit	9 Sesame-Ginger Beef Noodles Asian Veggies Bread Fruit	10 Braised Chicken Asparagus & Mushrooms Jasmin Rice Bread Fruit
13 Egg Roll Fried Rice Broccoli Bread Fruit	14 Chicken Teriyaki White Rice Veggies Bread Fruit	15 White fish w/ black bean sauce Baby Bok choy Noodles Bread Fruit	16 Chicken w Garlic Sauce Noodles Stir Fry Veggies Bread Fruit	17 Sesame Chicken White Rice Green Beans in Black Bean Sauce Bread Fruit
20 Sweet and sour beef White Rice Garlic green beans Bread Fruit	21 Gochujang Chicken w Noodles Asian Veggie Blend Bread Fruit	22 Teriyaki Chicken Rice Stir Fry Veggies Bread Fruit	23 White Fish w Lemongrass Sauce White Rice Green Beans Bread Fruit	24 Vegetarian Delight Chef's Rice Veggies Bread Fruit
27 Curry Beef White Rice Broccoli Bread Fruit	28 General To's Chicken Rice Stir Fry Vegetables Bread Fruit	29 Tofu & vegetable w/ soba noodles Mixed vegetable Bread Fruit	30 Chicken Lo Mein w/ Vegetables Bread Fruit	31 Pork egg roll in a bowl Fried Rice Broccoli Bread Fruit

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

