



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

Follow us on
 Facebook, Twitter & Instagram
www.rimeals.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	Cold Meal 1 Tuna Salad on Lettuce 294 Macaroni Salad 78 Tossed Garden Salad 17 Dressing 20 Whole Wheat Bread 65 Fresh Banana 1 Cal: 808 Sodium: 648 mg Carb:87 g	2 Pork Oriental 214 Lo Mein Noodles 50 California Vegetables 30 Whole Wheat roll 180 Applesauce 13 Cal: 659 Sodium 624 mg Carb: 78	3 Pasta w/ Bolognese Sauce 191 Tuscany Vegetables 41 Vienna Bread 150 Parmesan Cheese 55 Hot Caramelized Pears 20 Cal: 781 Sodium: 595mg Carb: 116g
6 BBQ Pulled Pork 312 O'Brien Potatoes 6 Scandinavian Vegetables 41 WW Hamburger Bun 130 Fresh Peach 0 Cal: 628 Sodium: 677mg Carb: 90g	Cold Meal 7 Chicken Salad on lettuce bed 218 Pasta Vegetable Salad 46 Coleslaw 64 WW Bread (2) 130 Fresh Apple 2 Cal:977 Sodium: 554 mg Carb: 122g	8 Honey Garlic Salmon 385 Brown Rice Pilaf 16 Asian Vegetables 43 Whole Wheat Bread 65 Fresh Watermelon 1 Cal: 618 Sodium: 647mg Carb: 81g	9 Ziti Casserole 417 Roman Vegetables 16 WW Bread 65 Hot Cinnamon Apples 9 Cal: 531 Sodium: 645g Carb: 83g	10 Pot roast w/ gravy 177 Oven roasted potatoes 6 Butternut squash & apples 4 White dinner roll 260 Vanilla Bites 50 Cal: 813 Sodium: 635mg Carb: 102g
13 Pasta w/ meat sauce 294 Italian Vegetables 19 WW bread 65 Parmesan Cheese 44 Hot Caramelized Apples 23 Cal: 796 Sodium: 594mg Carb: 119g	14 Chicken Stew 318 Green beans 3 Corn muffin 80 Hot cinnamon pears 6 Cal: 640 Sodium: 545mg Carb: 85g	Cold Meal 15 Egg salad on lettuce bed 229 Potato salad 50 Tomato broccoli 58 cucumber salad 58 WW Hamburger Bun 180 Raisin 5 Cal: 837 sodium: 659 mg Carb: 98g	16 Honey Mustard Chicken 235 Brown Rice & Orzo 4 Broccoli 12 Vienna Bread 150 Fresh Banana 1 Cal: 756 Sodium: 645mg Carb: 109g	17 Roast Pork w/ Apple cider gravy 100 Buttered Noodles 31 Mixed Vegetables 240 Hot Cinnamon Peaches 6 Cal: 691 Sodium: 541mg Carb: 85g
20 Swiss Cheese Omelet 315 Home Fries 6 Peppers & Onions 54 Snack loaf 160 Yogurt 75 Orange Juice 15 Cal: 728 Sodium: 614mg Carb: 96g	Cold Meal 21 Cottage cheese & fruit salad 351 Macaroni Salad 78 Tossed salad 17 Dressing 20 Whole Wheat Bread 65 Fresh Apple 2 Cal: 685 Sodium: 675mg Carb: 101g	DBL DELIVER 22 Chicken Marsala 188 Parslied Roti 4 Roman Vegetables 16 Vienna Bread 150 Lorna Doones 100 Cal: 666 Sodium: 595mg Carb: 83g	23 Turkey Chile 285 White Rice 2 Chuckwagon Vegetables 3 Corn muffin 80 Fresh nectarine 0 Cal: 743 Sodium: 507g Carb: 105g	24 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
27 Diced Chicken 85 Mushroom Gravy 156 Brown rice w/ orzo 4 Roman Vegetable 62 Blend 65 Wheat bread 65 Fresh Apple 2 Cal: 628 Sodium: 511mg Carb: 96g	28 Hamburger 140 Home fried potatoes 6 Zucchini squash 2 Ketchup 82 WW Hamburger bun 130 Apple oatmeal bar 85 Cal: 709 Sodium: 643mg Carb: 94g	29 American Chop Suey 126 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Cinnamon Peaches 6 Cal: 691 Sodium: 541mg Carb: 85g	Cold Meal 30 Dilled Egg salad 289 Pasta Vinaigrette Salad 5 Coleslaw 64 Cracked Wheat Bread 115 Fresh Orange 0 Cal: 915 Sodium: 610mg Carb: 95g	31 Cajun Tilapia 112 Brown Rice Pilaf 16 Carrots 77 Rye Bread 330 Fruit Cup 5 Cal: 619 Sodium: 677mg Carb: 85g

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

