



MEALS ON WHEELS OF RI HOME DELIVERED MENU – May 2024

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VOLUNTARY SUGGESTED DONATION: \$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	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 Turkey & Swiss German Potato Salad Tossed Garden Salad Dressing Bulky Roll Mustard Fresh Banana	2 Pork Oriental Lo Mein Noodles California Vegetables Whole Wheat Roll Applesauce	3 Lasagna Rolls w Bolognese Sauce Tuscany Vegetables Vienna Bread Hot Caramelized Pears
6 Chicken Patty Tater Tots Scandinavian Vegetables Mayo WW Hamburger bun Fresh Peach	Cold Meal 7 Chicken Salad on Lettuce Bed Pasta Vegetable Salad Spinach Salad w/ Mandarin Oranges Whole Wheat Bread (2) Fresh Apple	8 Honey Garlic Salmon Brown Rice Pilaf Asian Vegetables Whole Wheat Roll Fresh Watermelon	9 Ziti Casserole** Roman Vegetables Cracked Wheat Bread Hot Cinnamon Apples	10 Pot Roast with Gravy Oven Roasted Potatoes Butternut Squash & Apples White Dinner Roll Vanilla Bites
13 Pasta with Meat Sauce Italian Vegetables WW Dinner Roll Parmesan Cheese Hot Caramelized Apples	14 Chicken Marsala Parslied Rotini Roman Vegetables Vienna Bread Lorna Doones	Cold Meal 15 Tuna Salad on Lettuce Bed Potato Salad Tomato Broccoli Cucumber Salad WW Hamburger Bun Raisins	16 Honey Mustard Chicken Brown Rice & Orzo Broccoli Vienna Bread Fresh Banana	17 Roast Pork with Apple Cider Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Jello
20 Swiss Cheese Omelet Home Fries Peppers & Onions Snack loaf Yogurt	Cold meal 21 Tuna Salad Macaroni Salad Carrot & Raisin Salad Multigrain Bread Fresh Apple	DBL CEL 22 Chicken Stew Green Beans Corn Muffin Hot Cinnamon Pears	23 Turkey Chile White Rice Chuckwagon Vegetables Corn Muffin Fresh Nectarine	24 Meatloaf with Gravy Baked Potato Half Green Peas Sour Cream Whole Wheat Bread Blueberry Bites
27 Sweet & Sour chicken White Rice Green Beans Snack loaf Fresh Apple	28 Hot Dog Vegetarian Baked Beans Zucchini Squash WW Hot Dog Bun Mustard Apple Oatmeal Bar	29 American Chop Suey Jardiniere Vegetables Oatmeal Bread Hot Cinnamon Peaches	Cold Meal 30 Dilled Egg Salad Pasta Vinaigrette Salad Coleslaw Cracked Wheat Bread Bread Fresh Orange	31 Potato Crunch Fish Brown Rice Pilaf Carrots Rye Bread Tartar Sauce Fruit Cup

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

