



## MEALS ON WHEELS OF RI LATIN MENU – May 2024

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Catered by TRIO Community Meals  
Menu subject to change

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</b> Cash, Check, Money Order, SNAP, PayPal <i>Make checks payable to:</i> Meals on Wheels of RI 70 Bath St. Providence, RI 02908 <b>(401) 351-6700</b>	<b><i>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 &amp; well-being, coolers are not allowed.</i></b>	1	2	3
		Cuban Beef Mashed Potatoes Peas Wheat Bread Peaches	Braised Chicken Thigh w Sofrito White Rice Corn & Peppers Tortilla Lemon Square	Carne Guisado Yellow Rice Peas WW Roll Jello
6	7	8	9	10
Fiesta Fish Lime Brown Rice Corn & Peppers Wheat Bread Cookie	Mexican Beef Casserole Whipped Potatoes Green Beans & Peppers Wheat Bread Applesauce	Chicken Fajita Yellow Rice Garlic Broccoli Wheat Bread Mixed Fruit	Chicken w Pineapple Salsa Mashed Sweet Potatoes Corn Nibbles WW Roll Fresh Orange	Tamale Beef Stew White Rice Carrots Cracked Wheat Bread Fresh Pear
13	14	15	16	17
Chicken & Cheese Quesadilla Steamed Yucca Corn Lorna Doones	Chicken Enchilada Pie Yellow Rice Tortilla Fresh Orange	Beef Chili Rice Mixed Veggies Corn Muffin Pineapple Tidbits	Beef Picadillo Broccoli Roasted Potatoes WW Bun Diced Fruit	Pernil Pork Arroz con Gandules Garlic Spinach Rye Bread Fresh orange
20	21	22	23	24
Chicken Margarita Rice and beans Carrots Wheat Roll Fresh Apple	Pollo con Naranja y Menta (Chicken w/Orange Juice & Mint) Yellow Rice Broccoli & Peppers Scala Bread Diced Peaches	Cilantro & Lime Chicken Orzo Rice Green Beans & Peppers Wheat Bread Fresh Pear	Chorizo w Peppers & Onion Red Beans w Rice Garlic Green Beans Wheat Bread Peaches	Beef tacos Yellow rice Plantains Tortilla Fresh Apple
27	28	29	30	31
Cilantro & Lime Chicken Orzo Rice Green Beans & Peppers Wheat Bread Fresh Pear	Pork carnitas Cilantro lime rice Carrots Oatmeal bread Blueberry bites	Mexican Chicken w Brown Rice & Beans Corn & Peppers Corn Muffins Fruit	Stuffed Pepper Refried Beans Cauliflower Florets WW Dinner Roll Applesauce	Pollo Guisado White Broccoli Rye Bread 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 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

