



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

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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>	<p style="text-align: right;">1</p> <p>Roasted Tofu w Plum Sauce Broccoli Chef's Rice Bread Fruit</p>	<p style="text-align: right;">2</p> <p>Sweet & Sour Chicken White Rice Stir Fry Veggies Bread Fruit</p>	<p style="text-align: right;">3</p> <p>Stir Fried Vegetables Over Rice Bread Fruit</p>	<p style="text-align: right;">4</p> <p>Honey-Orange Chicken Thighs White Rice Broccoli Bread Fruit</p>
<p style="text-align: right;">7</p> <p>Braised Chicken Asparagus & Mushrooms Jasmin Rice Bread Fruit</p>	<p style="text-align: right;">8</p> <p>Sesame-Ginger Beef Noodles Asian Veggies Bread Fruit</p>	<p style="text-align: center;">STATEWIDE DOUBLES 9</p> <p>Egg Roll Fried Rice Broccoli Bread Fruit</p>	<p style="text-align: right;">10</p> <p>Chicken Teriyaki White Rice Veggies Bread Fruit</p>	<p style="text-align: right;">11</p> <p>White Fish w Black bean Sauce Baby Bok Choy Noodles Bread Fruit</p>
<p style="text-align: center;">HOLIDAY MOWRI CLOSED 14</p> <p>Chicken w Garlic Sauce Noodles Stir Fry Veggies Bread Fruit</p>	<p style="text-align: right;">15</p> <p>Sesame Chicken White Rice Green Beans in Black Bean Sauce Bread Fruit</p>	<p style="text-align: right;">16</p> <p>Sweet & Sour Beef White Rice Garlic Green Beans Bread Fruit</p>	<p style="text-align: right;">17</p> <p>Gochujang Chicken w Noodles Asian Veggie Blend Bread Fruit</p>	<p style="text-align: right;">18</p> <p>Teriyaki Chicken White Rice Veggies Bread Fruit</p>
<p style="text-align: right;">21</p> <p>Vegetarian Delight Chef's Rice Veggies Bread Fruit</p>	<p style="text-align: right;">22</p> <p>White Fish w Lemongrass Sauce White Rice Green Beans Bread Fruit</p>	<p style="text-align: right;">23</p> <p>Curry Beef White Rice Broccoli Bread Fruit</p>	<p style="text-align: right;">24</p> <p>General Tso's Chicken Rice Stir Fry Veggies Bread Fruit</p>	<p style="text-align: right;">25</p> <p>Tofu & Veggies w Soba Noodles Mixed Veggies Bread Fruit</p>
<p style="text-align: right;">28</p> <p>Chicken Lo Mein w/ Veggies Bread Fruit</p>	<p style="text-align: right;">29</p> <p>Pork Egg Roll in a Bowl Fried Rice Broccoli Bread Fruit</p>	<p style="text-align: right;">30</p> <p>Red Chili garlic chicken Rice Green Bean Bread Fruit</p>	<p style="text-align: right;">31</p> <p>Dumplings w/ Hoisin sauce Green Beans Bread Fruit</p>	<p style="text-align: center;"><u>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</u> Cash, Check, Money Order, SNAP, PayPal Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700</p>

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



REMINDERS

Meals on Wheels of RI will be closed Monday October 14, 2024. There will be no meal delivery that day.

There will be double meal delivery Wednesday October 9, 2024.

Please call-in meal cancellations no later than 10:00 am prior to the next delivery day.

Special Delivery- The week of October 21st

You will receive a box of 5 shelf-stable meals containing everything you need for complete and nutritious meals to be saved for an emergency, like an unforeseen weather event that prevents daily program meal delivery.