



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

Follow us on  
 Facebook, Twitter & Instagram  
[www.rimeals.org](http://www.rimeals.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Nutrition Information</b> 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.	<b>1</b> Chicken Parmesan 121 Pasta & Italian Sauce 125 Italian Vegetables 19 WW Bread 90 Applesauce 13 Cal:761;Sod:506 mg; Carb:111g	<b>COLD MEAL 2</b> Dilled Egg Salad on Lettuce Bed 289 Balsamic Pasta Salad 5 Coleslaw 64 WW Bread (2) 130 Fresh Orange 0 Cal:1045; Sod:625mg; Carb:118g	<b>3</b> American Chop Suey 126 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Cinnamon Peaches 6 Cal:691; Sod:541 mg; Carb:85g	<b>4</b> Cajun Tilapia w/ Citrus Salsa 133 Brown Rice 16 Carrots 77 Cracked Wheat Bread 115 Fruit Cup 5 Cal:661; Sod:483mg; Carb:96g
<b>7</b> BBQ Chicken 261 Mashed Spiced Yams 66 Fiesta blend vegetables 16 WW Bread 65 SF Chocolate pudding 112 Cal:718; Sod:658mg; Carb:113g	<b>8</b> Macaroni & cheese 325 Cauliflower 17 WW Roll 180 Fresh Apple 2 Cal: 699;Sod:661mg; Carb:102g	<b>STATEWIDE DOUBLES 9</b> Chicken Scampi 371 Parslied Rotini 4 Green Beans 3 WW Bread 65 Pineapple Tidbits 1 Cal:665; Sod:582 mg; Carb:95g	<b>10</b> Potato Crunch Pollock 333 Buttered Rice 14 Broccoli & carrots 45 WW Bread 90 Lemon Juice 1 Fresh Pear 2 Cal:681; Sod:623 mg; Carb:103g	<b>11</b> Beef Stew 346 Jardiniere Vegetables 32 Corn Muffin 80 Hot cinnamon apples 10 Cal: 813; Sod:615mg; Carb:100g
<b>HOLIDAY MOWRI CLOSED 14</b>	<b>15</b> Hamburger 150 Oven Browned Potatoes 6 Broccoli and carrots 45 WW Hamburger Bun 180 Cinnamon Bites 71 Cal: 699; Sod: 589mg; Carb:92g	<b>16</b> Chicken w/ Gravy 194 Roasted sweet potatoes 45 Collard Greens 57 WW Bread 65 Tangerine 6 Cal:667; Sod:640mg; Carb:99g	<b>17</b> Pork Oriental 215 Lo Mein Noodles 50 Asian Vegetables 180 WW Roll 13 Applesauce 13 Cal:662; Sod:639mg; Carb:78g	<b>COLD MEAL 18</b> Chicken Salad on Lettuce Bed 174 Pasta Vegetable Salad 46 Spinach salad w/ mandarin orange WW Bread (2) 130 Fresh plum 0 Cal:873; Sod:652mg; Carb:104g
<b>21</b> Sloppy Joe 138 Oven browned Potatoes 6 Scandinavian Vegetables 59 WW Hamburger Bun 180 Lorna Doones 100 Cal:854; Sod:621mg; Carb:621g	<b>22</b> Chicken Fajitas 120 Brown rice & beans 63 Chuckwagon Vegetables 2 Tortilla 190 Clementines (2) 1 Cal:635; Sod:514mg; Carb:93g	<b>23</b> Swiss Cheese Omelet 318 Home fries 6 Peppers & Onions 54 Snack Loaf 115 Yogurt 75 Orange Juice-No Milk 15 Cal:728; Sod:614mg; Carb:96g	<b>24</b> Chicken Ziti & Broccoli Casserole W/ Garlic & oil 408 California Vegetables 27 WW Bread 65 Hot Cinnamon Peaches 6 Cal:602; Sod:643mg; Carb:75g	<b>25</b> Pot Roast w/ Gravy 177 Oven Roasted Potatoes 6 Butternut Squash & apples 4 WW Dinner roll 240 Vanilla Bites 50 Cal:813; Sod:615mg; Carb:100g
<b>28</b> Pasta w/ meat sauce 294 Italian Blend Veggies 19 WW dinner roll 90 Hot Caramelized Apple 25 Cal: 761; Sod: 523mg; Carb: 116g	<b>29</b> Chicken Stew 318 Green Beans 3 Corn Muffin 80 Hot Cinnamon Pears 6 Cal:640; Sod: 545mg; Carb: 85g	<b>COLD MEAL 30</b> Tuna Salad on Lettuce Bed 299 Potato Salad 50 Tomato Broccoli 58 Cucumber Salad 90 WW Bread 90 Raisins 5 Cal:735; Sod:614mg; Carb:97g	<b>31</b> Beef Stroganoff 112 Buttered Noodles 33 Broccoli 12 Vienna Bread 150 Chocolate Moon Pie 80 Cal:685; Sod:525mg; Carb:79g	<b>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.</b>

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



*Meals on Wheels*  
OF RHODE ISLAND

### **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**

### **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.