



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

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#MoreThanAMeal

Catered by TRIO Community Meals  
Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><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></p>	<p style="text-align: right;"><b>1</b></p> <p>Chicken Parmesan Pasta &amp; Italian Sauce Italian Vegetables Dinner Roll Parmesan Cheese Applesauce</p>	<p style="text-align: right;"><b>2</b></p> <p>Chicken Teriyaki White Rice Broccoli WW Bread Fresh Orange</p>	<p style="text-align: right;"><b>3</b></p> <p>American Chop Suey Jardiniere Vegetables Oatmeal Bread Hot Cinnamon Peaches</p>	<p style="text-align: right;"><b>4</b></p> <p>Cajun Tilapia w/Citrus Salsa Brown Rice Carrots Rye Bread Fruit Cup</p>
<p style="text-align: right;"><b>7</b></p> <p>BBQ Chicken Mashed Spiced Yams WW Bread SF Chocolate Pudding</p>	<p style="text-align: right;"><b>8</b></p> <p>Macaroni &amp; Cheese Spinach Whole Wheat Roll Fresh Apple</p>	<p style="text-align: center;"><b>STATEWIDE DOUBLE 9</b></p> <p>Chicken Scampi Mashed Potato Green Beans Dinner Roll Pineapple Tidbits</p>	<p style="text-align: right;"><b>10</b></p> <p>Potato Crunch Pollock Buttered Rice Broccoli &amp; Carrots WW Bread Tartar Sauce Fresh Pear</p>	<p style="text-align: right;"><b>11</b></p> <p>Beef Stew Jardiniere Vegetables Corn Muffin Hot Apple Crisp</p>
<p style="text-align: center;"><b>MOW CLOSED 14</b></p> <p>Turkey Divan Rice Pilaf Carrots Muffin Lorna Doones</p>	<p style="text-align: right;"><b>15</b></p> <p>Cheeseburger Oven Browned Potatoes Broccoli and Carrots Ketchup WW Hamburger Bun Cinnamon Bites</p>	<p style="text-align: right;"><b>16</b></p> <p>Chicken with Gravy Roasted Sweet Potatoes Collard Greens Oatmeal Bread Tangerine</p>	<p style="text-align: right;"><b>17</b></p> <p>Pork Oriental Lo Mein Noodles Asian Vegetables Whole Wheat Roll Applesauce</p>	<p style="text-align: right;"><b>18</b></p> <p>Chicken Paprika White Rice Broccoli WW Bread Fresh Plum</p>
<p style="text-align: right;"><b>21</b></p> <p>Slopy Joe Tater Tots Scandinavian Vegetables WW Hamburger Bun Lorna Doones</p>	<p style="text-align: right;"><b>22</b></p> <p>Chicken Fajitas Brown Rice &amp; Beans Chuckwagon Vegetables Tortilla Clementine's (2)</p>	<p style="text-align: right;"><b>23</b></p> <p>Swiss Cheese Omelet Home Fries Peppers &amp; Onions Snack Loaf Yogurt</p>	<p style="text-align: right;"><b>24</b></p> <p>Chicken Ziti &amp; Broccoli Casserole* California Vegetables Cracked Wheat Bread Hot Cinnamon Peaches</p>	<p style="text-align: right;"><b>25</b></p> <p>Pot Roast with Gravy Oven Roasted Potatoes Butternut Squash &amp; Apples WW Dinner Roll Vanilla Bites</p>
<p style="text-align: right;"><b>28</b></p> <p>Pasta w/ meat sauce Zucchini WW dinner roll Parmesan Cheese Applesauce</p>	<p style="text-align: right;"><b>29</b></p> <p>Chicken stew Green Beans Corn Muffin Hot Cinnamon Pears</p>	<p style="text-align: right;"><b>30</b></p> <p>Beef Chili White Rice Zucchini WW roll Raisins</p>	<p style="text-align: right;"><b>31</b></p> <p>Beef Stroganoff Buttered Noodles Broccoli Vienna Bread Fresh Banana</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 <b>(401) 351-6700</b></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 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



### **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.