




MEALS ON WHEELS OF RI KOSHER MENU – October 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><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 & well-being, coolers are not allowed</i></p>	<p>Kosher Meals on Wheels brought to you with assistance from</p> 	<p>Contact Meals on Wheels for concerns regarding food allergies 401-351-6700</p>	<p>Meals are delivered on Monday & Wednesday before 12 noon when possible</p>	<p>Fruit and Juice is included with each meal</p>
7 Boneless Honey/ Apricot Chicken Breast White rice Roasted Vegetables Challah Roll	8 Seard Tilapia/lemon Coconut Rice Teriyaki green beans	9 STATEWIDE DOUBLES American Chop Suey w/ ground beef and diced Vegetables Dinner Roll	10 Asian glazed salmon Vegetable fried rice Stir fry vegetables	11 BBQ Meatloaf Egg Noodles Maple butternut squash
14 MOW CLOSED Lemon/Rosmary Chicken Thighs Rice Pilaf Lemon/Garlic Green Beans	15 Chicken/Vegetable & noodles soup Matzo Ball Challah roll	16 Pesto Crusted Cod Coconut Rice Mixed roasted vegetables	17 Chicken Pot pie Garden salad w/ Italian dressing	18 Beef stir fry w/ Vegetables Fried Rice Babka slice
21 Rotisserie chicken meat Cauliflower/carrot medley Roasted potatoes	22 Spaghetti w/ sauce and meatballs Challah roll Babka slice	23 Lemon/Rosemary Salmon Coconut rice Teriyaki Vegetables	24 Sweet and sour meatballs Mixed vegetables Egg noodles	25 Garlic scampi pasta w/ cubed chicken & broccoli Challah roll
28 Persin chicken Coconut rice Green beans	29 Chicken/Vegetable & noodles soup Matzo Ball Challah roll	30 Chicken Piccata White rice Mixed roasted vegetables Dinner roll	31 Chicken & vegetables stuffed peppers Spinach rice	<p><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 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.

