



MEALS ON WHEELS OF RI
LATIN MENU – October 2024
 Catered by TRIO Community Meals
 Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL Cash, Check, Money Order, SNAP, PayPal <i>Make checks payable to:</i> Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700	1 Braised Chicken Thigh w Sofrito White Rice Corn & Peppers Tortilla Apple oatmeal bar	2 Carne Guisada Yellow Rice Peas Wheat Blueberry Bites	3 Fiesta Fish Lime Brown Rice Corn w/ Peppers Dinner Roll Graham Cracker	4 Mexican Beef Casserole Whipped Potatoes Green Beans & Peppers Cracked Wheat Orange
7 Chicken Fajita Yellow Rice Garlic Broccoli Oatmeal Bread Mixed fruit	8 Chicken w Pineapple Salsa Mashed Sweet Potatoes Corn Nibblets Rye Bread Fruit Cup	STATEWIDE DOUBLES 9 Tamale Beef Stew White Rice Carrots Wheat Bread Fresh Pear	10 Chicken & cheese Quesadilla Steamed Yucca Corn Lorna Doones	11 Chicken Enchilada Pie Yellow Rice Tortilla Fresh Orange
HOLIDAY MOW CLOSED 14 Beef Chili Rice Mixed Veggies Corn Muffin Pineapple Tidbits	15 Beef Picadillo Broccoli Roasted Potatoes WW Bun Diced Fruit	16 Pernil Pork Arroz con Gandules Garlic Spinach Rye Bread Fresh Orange	17 Chicken Margarita Rice and Beans Carrots Oatmeal Fruit Cup	19 Chicken w/Orange Juice & Mint Yellow rice Broccoli & Peppers Dinner Roll Vanilla Waffer
21 Cilantro & Lime Chicken Orzo Rice Green Beans & Peppers WW Bread Watermelon	22 Chorizo w Peppers & Onion Red Beans w Rice Garlic Green Beans Vienna Fruit cup	23 Beef Taco Yellow Rice Plantains Totilla Fresh Apple	24 Cilantro & Lime Chicken Orzo Rice Green Beans & Peppers Wheat Bread Fresh Peach	25 Pork Carnitas Cilantro Lime Rice Carrots Wheat Bread Fresh Apple
28 Mexican Chicken w Brown Rice & Beans Corn & Peppers Corn Muffins Graham Cracker	29 Stuffed Pepper Refried Beans Cauliflower Florets Cracked Wheat Applesauce	30 Pollo Guisado White Rice Broccoli Dinner Roll Fruit Cup	31 MoJo Chicken Black bean lime rice Broccoli Bread Fruit	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.

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

Meals on Wheels
OF RHODE ISLAND

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.

**Emergency Meal Program is co sponsored by:
Meals on Wheels of RI**