





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

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Catered by TRIO Community Meals

Menu subject to change

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL Cash, Check, Money Order, SNAP, PayPal Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700			1 Pork Egg Roll in a Bowl Fried Rice Broccoli Bread Fruit
4 Sweet Chili Chicken Thighs White Rice Broccoli Bread Fruit	5 Roasted Tofu w/ Plum Sauce Broccoli Chef's Rice Bread Fruit	STATEWIDE DOUBLES 6 Orange Chicken White Rice Green Beans Bread Fruit	7 Sweet and Sour Pork Noodles Mixed Vegetables Bread Fruit	8 Teriyaki Chicken White Rice Veggies Bread Fruit
HOLIDAY MOWRI CLOSED 11 General Tso's Chicken Rice Stir Fry Veggies Bread Fruit	12 Chicken w Garlic Sauce Noodles Stir Fry Veggies Bread Fruit	13 Sesame Chicken White Rice Green Beans Bread Fruit	14 White Fish w Black bean Sauce Rice Broccoli Bread Fruit	15 Gochujang Chicken w Noodles Asian Veggie Blend Bread Fruit
18 Chicken w/ Bean Black sauce Rice Vegetables Bread Fruit	19 Chicken Stir Fry White Rice Spinach Bread Fruit	20 Vegetarian Delight Chef's Rice Vegetables Bread Fruit	21 Ginger soy Fish White Rice Broccoli Bread Fruit	22 Beef Stir Fry Over noodles Broccoli Bread Fruit
25 Tofu & Veggies w Soba Noodles Mixed Veggies Bread Fruit	STATEWIDE DOUBLES 26 Pork Lo Mein w/ Vegetables Bread Fruit	STATEWIDE DOUBLES 27 Sweet & Sour Chicken White Rice Stir Fry Veggies Bread Fruit	HOLIDAY MOWRI CLOSED 28 Pork w/ chili sauce Fried Rice Green Beans Bread Fruit	HOLIDAY MOWRI CLOSED 29 Chicken Fried Rice Mixed Veggies Bread Fruit

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

