



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

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
| <p><b>Nutrition Information</b> is for the entire meal including bread, milk &amp; 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.</p> | <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 align="right"><b>1</b></p> Roast pork w/<br>Apple cider gravy 100<br>Mashed potatoes 20<br>Mixed vegetables 42<br>WW Roll 180<br>SF Vanilla pudding 144<br>Cal:726 Sod:624mg; Carb:81g          |
| <p align="right"><b>4</b></p> Hamburger 180<br>Oven browned potatoes 6<br>Broccoli & carrots 45<br>Ketchup 82<br>WW Hamburger Bun 180<br>Fresh tangerine 4<br>Cal:690; Sod:604mg; Carb:100g  | <p align="right"><b>5</b></p> Sloppy joe 231<br>Brown rice pilaf w 16<br>Peas and carrots<br>Scandinavian Veggies 41<br>WW Hamburger Bun 180<br>Pineapple Tidbits 1<br>Cal:636;Sod:606mg; Carb:98g       | <p align="center"><b>STATEWIDE DOUBLES 6</b></p> Chicken Marsala 190<br>Parslied Rotini 4<br>Roman Vegetables 16<br>Vienna Bread 150<br>Lorna Doones 100<br>Cal:666; Sod:598 mg; Carb:85g       | <p align="right"><b>7</b></p> Turkey Chile 285<br>Whie rice 2<br>Chuckwagon Vegetables 3<br>Corn Muffin 80<br>Diced Peaches 6<br>Cal:751; Sod:513 mg; Carb:109g                       | <p align="right"><b>8</b></p> Meatloaf w/<br>Gravy 4<br>Baked potato half 4<br>Green peas 82<br>Sour cream 9<br>Whole wheat bread 65<br>Hot apple crisp 55<br>Cal: 1005; Sod:652mg; Carb:124g      |
| <p align="center"><b>HOLIDAY MOWRI CLOSED 11</b></p> Turkey pot pie 647<br>Green beans 3<br>Corn muffin 80<br>Lorna Doones 129<br>Cal: 716; Sod:997mg; Carb:97g  | <p align="right"><b>12</b></p> Unstuffed pepper &<br>Beef casserole 224<br>Zucchini squash 3<br>Vienna Bread 150<br>Apple oatmeal bar 85<br>Cal:726; Sod:599mg; Carb:73g                                 | <p align="right"><b>13</b></p> Chicken Florentine 133<br>Pasta w/ italian sauce 125<br>Italian vegetables 19<br>WW Bread 65<br>Animal Crackers 140<br>Cal:760; Sod:629mg; Carb:103g             | <p align="right"><b>14</b></p> Cajun Tilapia w/ citrus salsa 133<br>Brown rice 16<br>Carrots 77<br>Vienna Bread 330<br>Mixed fruit 5<br>Cal:601; Sod:518mg; Carb:85g                  | <p align="center"><b>COLD MEAL 15</b></p> Egg salad 224<br>German potato salad 76<br>Tossed garden salad 17<br>Dressing 20<br>Hamburger roll 330<br>Fresh banana 1<br>Cal:816; Sod:655mg; Carb:93g |
| <p align="right"><b>18</b></p> Omelet 283<br>Home fries 6<br>Pepper & onions 54<br>Snack loaf 115<br>Yogurt 75<br>Orange Juice- No Milk 15<br>Cal:654; Sod:579mg; Carb:96g   | <p align="right"><b>19</b></p> Macaroni & Cheese 325<br>Spinach 110<br>WW Bread 65<br>Fresh Apple 2<br>Cal:752; Sod:639mg; Carb:109g   | <p align="right"><b>20</b></p> Chicken Scampi 234<br>Parslied Rotini 4<br>Green Beans 3<br>Vienna Bread 150<br>Pineapple Tidbits 1<br>Cal:629; Sod:530mg; Carb:85g                              | <p align="right"><b>21</b></p> Potato Crunch Pollock 333<br>Butter Rice 14<br>Broccoli & Carrots 45<br>WW Bread 65<br>Leamon Juice 1<br>Fresh Pear 2<br>Cal:721; Sod:598mg; Carb:110g | <p align="right"><b>22</b></p> Beef stew 346<br>Jardiniere Veggies 32<br>Corn Muffin 80<br>Lemon Blueberry Bites 116<br>Cal:847; Sod:655mg; Carb:87g   |
| <p align="right"><b>25</b></p> BBQ Chicken 144<br>Mashed spiced Yams 66<br>Fiesta Blend Vegetables 16<br>WW Bread 65<br>SF Chocolate Pudding 112<br>Cal: 742; Sod: 521mg; Carb: 113g   | <p align="center"><b>STATEWIDE DOUBLES 26</b></p> Pork oriental 215<br>Lo Mein noodles 50<br>Asian Vegetables 43<br>WW Roll 180<br>Applesauce 13<br>Cal:662; Sod:639mg; Carb:78g                         | <p align="center"><b>STATEWIDE DOUBLES 27</b></p> Turkey w gravy 281<br>Mashed potatoes 20<br>Stuffing 66<br>Green Beans 3<br>Corn Muffin 80<br>Apple Crisp 55<br>Cal:832; Sod:542mg; Carb:118g | <p align="center"><b>HOLIDAY MOWRI CLOSED 28</b></p> Chicken Scarpiello 267<br>Rice pilaf 4<br>Carrots 40<br>Corn Muffin 80<br>Graham Crackers 85<br>Cal:639; Sod:629mg; Carb:95g     | <p align="center"><b>HOLIDAY MOWRI CLOSED 29</b></p> American Chop Suey 126<br>Jardiniere Vegetables 31<br>Oatmeal Bread 240<br>Hot Cinnamon Peaches 6<br>Cal:691; Sod:541mg; Carb:85g             |

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**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

