



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

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Catered by TRIO Community Meals

Menu subject to change

#MoreThanAMeal

| 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><u>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</u><br/>Cash, Check, Money Order, SNAP, PayPal<br/>Make checks payable to:<br/>Meals on Wheels of RI<br/>70 Bath St. Providence, RI 02908<br/><b>(401) 351-6700</b></p> |    |   | <p><b>1</b><br/>Roast Pork with Apple Cider Gravy<br/>Mashed Potatoes<br/>Mixed Vegetables<br/>Whole Wheat Roll<br/>SF Vanilla Pudding</p> |
| <p><b>4</b><br/>Cheeseburger<br/>Oven Browned Potatoes<br/>Broccoli &amp; Carrots<br/>Ketchup<br/>WW Hamburger Bun<br/>Fresh Tangerine</p>  | <p><b>5</b><br/>Pork Choppette<br/>Tater Tots<br/>Scandinavian Vegetables<br/>WW Hamburger Bun<br/>Fresh Peach</p>  | <p><b>STATEWIDE DOUBLE 6</b><br/>Orange Chicken<br/>White rice<br/>Green Beans<br/>Vienna Bread<br/>Lorna Doones</p>                           | <p><b>7</b><br/>Turkey Chile<br/>White Rice<br/>Chuckwagon Vegetables<br/>Corn Muffin<br/>Fresh Nectarine</p>                                | <p><b>8</b><br/>Meatloaf with Gravy<br/>Baked Potato<br/>Half Green Peas<br/>Sour Cream<br/>Whole Wheat Bread Hot Apple Crisp</p>          |
| <p><b>HOLIDAY MOWRI CLOSED 11</b><br/>Turkey Pot Pie<br/>Mixed Vegetables<br/>Corn Muffin<br/>Lorna Doones</p>  | <p><b>12</b><br/>Hot Dog<br/>Vegetarian Baked Beans<br/>Zucchini Squash<br/>Mustard<br/>WW Hot Dog Bun<br/>Apple Oatmeal Bar</p>  | <p><b>13</b><br/>Chicken Parmesan Pasta w/<br/>Italian Sauce<br/>Italian Vegetables<br/>Dinner Roll<br/>Parmesan Cheese<br/>Vanilla Wafers</p> | <p><b>14</b><br/>Cajun Tilapia with Citrus Salsa<br/>Brown Rice<br/>Carrots<br/>Rye Bread<br/>Fruit Cup</p>                                  | <p><b>15</b><br/>Chicken Marsala<br/>Parslied Rotini<br/>Roman Vegetables<br/>WW roll<br/>Banana</p>                                       |
| <p><b>18</b><br/>Cheddar cheese omelet<br/>Home fries<br/>Peppers &amp; onions<br/>Snack loaf<br/>Yogurt</p>  | <p><b>19</b><br/>Macaroni &amp; Cheese<br/>Spinach<br/>Whole Wheat Roll<br/>Fresh Apple</p>   | <p><b>20</b><br/>Chicken Scampi Parslied Rotini<br/>Green Beans<br/>Dinner Roll<br/>Pineapple Tidbits</p>                                      | <p><b>21</b><br/>Potato Crunch Pollock<br/>Buttered Rice<br/>Broccoli &amp; Carrots<br/>Whole Wheat Roll<br/>Tartar Sauce<br/>Fresh Pear</p> | <p><b>22</b><br/>Beef Stew<br/>Jardiniere Vegetables Buttermilk Biscuit<br/>Blueberry Bites</p>  |
| <p><b>25</b><br/>Chicken Tarragon<br/>Mashed spiced yams<br/>Fiesta blend vegetables<br/>WW Roll<br/>SF Chocolate Pudding</p>   | <p><b>STATEWIDE DOUBLES 26</b><br/>Pork Lo Mein Noodles<br/>Asian Vegetables<br/>Whole Wheat Roll<br/>Applesauce</p>  | <p><b>STATEWIDE DOUBLES 27</b><br/>Chicken Scarpiello<br/>Rice Pilaf<br/>Carrots<br/>Dinner roll<br/>Graham Cracker</p>                        | <p><b>HOLIDAY MOWRI CLOSED 28</b><br/>Turkey with Gravy Mashed Potatoes Stuffing<br/>Green Beans<br/>Dinner Roll<br/>Apple Pie</p>           | <p><b>HOLIDAY MOWRI CLOSED 29</b><br/>Chicken Fajita<br/>Yellow rice and Beans<br/>Broccoli<br/>Tortilla<br/>Mixed Fruit</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

