



MEALS ON WHEELS OF RI
LATIN MENU – November 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 Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700	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			1 Pork Enchilada Whipped Potato Green Beans w/ peppers Wheat Bread Applesauce
4	5	STATEWIDE DOUBLES 6	7	8
Beef Picadillo Yellow rice Garlic broccoli Wheat Bread Apple Bar	Chicken w Pineapple Salsa Mashed Sweet Potatoes Corn WW Roll Graham Cracker	Pollo Guisado White Rice Green Beans Cracked Wheat bread Lorna Doones	Mexican Beef Casserole Corn w/ Peppers Corn Muffin Nectarine	Cilantro & Lime Chicken Yellow rice Peas WW Roll Fruit cup
HOLIDAY MOWRI CLOSED 11	12	13	14	15
Mojo Chicken Black Beans Plantains Corn muffins Lorna Doones	Beef Picadillo Roasted Potato Zucchini WW Roll Apple oatmeal bar	Braised Chicken Thigh w Sofrito White Rice Broccoli Dinner roll Vanilla Wafer	Tilapia w/ Citrus salsa Cilantro rice Carrots Rye bread FRuit cup	Pollo Asada Lime rice Broccoli & peppers WW roll Banana
18	19	20	21	22
Spanish omelet Roasted potato Peppers and onions Muffin Yogurt	Chorizo w Peppers & Onions Red Beans & Rice Garlic Green Beans Wheat Bread Lorna Doones	Beef Taco Yellow Rice Plantains Tortilla Fruit cup	Fiesta Fish Lime Brown Rice Corn & Peppers WW Roll Pear	Carne Guisada Green Beans Dinner roll Blueberry Bites
25	STATEWIDE DOUBLES 26	STATEWIDE DOUBLES 27	HOLIDAY MOWRI CLOSED 28	HOLIDAY MOWRI CLOSED 29
Mexican Chicken Spiced yams Fiesta mix veg WW Roll Fru cup	Cuban pork Rice Broccoli WW Dinner roll Applesauce	Ropa Vieja Mashed potato Plantains Wheat bread Fig bar	Chili Mashed potato Plantains Wheat bread Fig bar	Chicken Fajita Yellow rice w/ beans Broccoli Tortilla Mixed 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



Meals on Wheels
OF RHODE ISLAND

