



MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – January 2025

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY14
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.	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.	HOLIDAY MOWRI CLOSED 1 Pork egg roll in a bowl Fried Rice Broccoli Bread Fruit	2 Sweet Chili Chicken Thighs White Rice Broccoli Bread Fruit	3 Roasted Tofu w/ Plum Sauce Broccoli Chef's Rice Bread Fruit
6 Orange Chicken White Rice Green Beans Bread Fruit	7 Sweet and Sour Pork Noodles Mixed Vegetables Bread Fruit	8 Chicken teriyaki White Rice Vegetables Bread Fruit	9 General To's Chicken Rice Stir Fry Vegetables Bread Fruit	10 Chicken w/ Garlic Sauce Noodles Stir Fry Vegetables Bread Fruit
13 Sesame Chicken White Rice Green Beans Bread Fruit	STATEWIDE DOUBLES 14 White Fish w/ Black Bean Sauce Rice Broccoli Bread Fruit	15 Gochujang Chicken w/ Noodles Asian Vegetable Blend Bread Fruit	16 Chicken w/ Black Bean Sauce Rice Vegetables Bread Fruit	17 Sweet and Sour Meatballs Buttered Noodle Vegetables Bread Fruit
HOLIDAY MOWRI CLOSED 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	23 Tofu and Vegetable w/ noodles Mixed Vegetable Bread Fruit	24 Pork Lo Mein w/ Vegetables Bread Fruit
27 Sweet & Sour Chicken White Rice Stir Fry Veg Bread Fruit	28 Pork w/ chili sauce Fried Rice Green Beans Bread Fruit	29 Chicken Fried Rice Mixed Veggies Bread Fruit	30 Beef Lo Mein Vegetables Bread Fruit	31 Chicken Stir Fry White Rice Spinach 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



We have a statewide double delivery on 1/14/2025 for the Martin Luther King Holiday on 1/20/2025.