



**MEALS ON WHEELS OF RI**  
**HOME DELIVERED CARDIAC MENU – January 2025**  
 Catered by TRIO Community Meals  
 Menu subject to change

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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>	<b>MOW CLOSED 1</b>	<p><b>2</b></p> Chicken Salad on Lettuce Bed 174 German Potato Salad 76 Tossed Garden Salad 17 Dressing 20 WW Bread (2) 130 Fresh Banana 1 Cal:864 Sod:550mg; Carb:116g	<p><b>3</b></p> American Chop Suey 126 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Cinnamon Peaches 6 Cal:672 Sod:537mg; Carb:85g
<p><b>6</b></p> BBQ Chicken 261 Mashed Spiced Yams 66 Fiesta Vegetables 16 Whole Wheat Bread 65 SF Chocolate Pudding 112 Cal:718; Sod:658mg; Carb:113g	<p><b>7</b></p> Cajun Tilapia with Citrus Salsa 114 Brown Rice 16 Carrots 77 Whole Wheat Bread 65 Mixed Fruit Cup 5 Cal:651;Sod:410mg; Carb:97g	<p><b>8</b></p> Macaroni & Cheese 359 Spinach 110 Whole Wheat Bread 65 Fresh Apple 2 Cal:705; Sod:668 mg; Carb:107g	<p><b>9</b></p> Chicken Scampi 286 Parslied Rotini 11 Green Beans 3 Whole Wheat Roll 180 Pineapple Tidbits 1 Cal:687; Sod:614 mg; Carb:80g	<p><b>10</b></p> Potato Crunch Pollock 333 Buttered Rice 2 Broccoli & Carrots 45 Whole Wheat Bread 65 Lemon Juice 1 SF Jello 95 Cal: 580; Sod:674mg; Carb:79g
<p><b>13</b></p> Pasta with Bolognese Sauce 98 Tuscany Vegetables 41 Vienna Bread 150 Hot Caramelized Pears 23 Cal: 666; Sod:443mg; Carb:113g	<p><b>STATEWIDE DOUBLES 14</b></p> Jerk Chicken 167 Red Beans & Rice 31 Collard Greens 57 Corn Muffin 80 Fried Plantains 6 Cal:736; Sod:474mg; Carb:113g	<p><b>15</b></p> Pork Oriental 215 Lo Mein Noodles 50 Asian Vegetables 43 Whole Wheat Roll 180 Applesauce 13 Cal:643; Sod:634mg; Carb:78g	<p><b>COLD MEAL 16</b></p> Dilled Egg Salad on Lettuce Bed 289 Pasta Vegetable Salad 46 Coleslaw 64 WW Bread 130 Fresh Orange 0 Cal:1039; Sod:662mg; Carb:118g	<p><b>17</b></p> Beef Stew 204 Jardinere Vegetables 31 Whole Wheat Roll 180 Hot Apple Crisp 56 Cal:741; Sod:604mg; Carb:90g
<p><b>HOLIDAY MOWRI CLOSED 20</b></p>	<p><b>21</b></p> Chicken Ziti&Broccoli Casserole 196 Green Beans 3 Cracked Wheat Bread 115 Hot Cinnamon Apples 9 Cal:618; Sod:457mg; Carb:71g	<p><b>22</b></p> Sloppy Joe 129 Home Fries 6 Scandinavian Vegetables 41 WW Hamburger Bun 180 Mixed Fruit Cup 5 Cal:744; Sod:494mg; Carb:91g	<p><b>23</b></p> Chicken Fajitas 330 Brown Rice & Beans 22 Chuckwagon Vegetables 3 Flour Tortilla 95 Fresh Banana 1 Cal:592; Sod:584mg; Carb:93g	<p><b>24</b></p> Salmon w/ Lemon Dill Sauce 339 Brown Rice Pilaf 16 Asian Vegetables 43 Whole Wheat Roll 180 Clementines (2) 1 Cal:593; Sod:648mg; Carb:91g
<p><b>27</b></p> Pasta with Meat Sauce 294 Italian Vegetables 30 Vienna Bread 150 Parmesan Cheese 55 Pineapple Tidbits 1 Cal: 725; Sod:662mg; Carb:115g	<p><b>28</b></p> Chicken Stew 134 Green Beans 3 Corn Muffin 80 Hot Cinnamon Pears 6 Cal:517; Sod:316mg; Carb:72g	<p><b>COLD MEAL 29</b></p> Tuna Salad on Lettuce Bed 245 Macaroni Salad 80 Tomato Broccoli Cucumber Salad 4 Whole Wheat Bread (2) 130 Fresh Banana 1 Cal:766; Sod:664mg; Carb:108g	<p><b>30</b></p> Beef Stroganoff with Noodles 82 Broccoli 12 Oatmeal Bread 240 Raisins 5 Cal:736; Sod:472mg; Carb:94g	<p><b>31</b></p> Roast Pork with Apple Cider Gravy 100 Mashed Potatoes 20 Mixed Vegetables 42 WW Roll 180 SF Vanilla Pudding 1 Cal:365; Sod:476mg; Carb:71g

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

We have a statewide double delivery on 1/15/2025 for the Martin Luther King Holiday  
on 1/20/2025.



*Meals on Wheels*  
OF RHODE ISLAND