



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

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[www.rimeals.org](http://www.rimeals.org)

*Catered by TRIO Community Meals*

*Menu subject to change*

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<u>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</u> Cash, Check, Money Order, SNAP, PayPal <i>Make checks payable to:</i> Meals on Wheels of RI 70 Bath St. Providence, RI 02908 <b>(401) 351-6700</b>	<b>HOLIDAY MOWRI CLOSED 1</b>	<b>2</b> Hawaiian Chicken Pineapple Rice Broccoli Fresh Banana	<b>3</b> American Chop Suey Jardiniere Vegetables Oatmeal Bread Hot Cinnamon Peache
<b>6</b> Cheeseburger Tater tots Fiesta Vegetables WW Hamburger roll SF Chocolate Pudding	<b>7</b> Cajun Tilapia with Citrus Salsa Brown Rice Carrots Rye Bread Mixed Fruit Cup	<b>8</b> Macaroni & Cheese Spinach Whole Wheat Roll Fresh Apple	<b>9</b> Chicken Scampi Parslied Rotini Green Beans Dinner Roll Pineapple Tidbits	<b>10</b> Potato Crunch Pollock Buttered Rice Broccoli & Carrots Whole Wheat Roll Tartar Sauce SF Jell-O
<b>13</b> Lasagna Rolls with Bolognese Sauce Tuscany Vegetables Vienna Bread Hot Caramelized Pears	<b>STATEWIDE DOUBLES 14</b> Jerk Chicken Red Beans & Rice Collard Greens Corn Muffin Fried Plantains	<b>15</b> Pork Oriental Lo Mein Noodles Asian Vegetables Whole Wheat Roll Applesauce	<b>16</b> Turkey Tetrizzini Peas & Carrots Wheat Bread Fresh Orange	<b>17</b> Beef Stew Jardiniere Vegetables Buttermilk Biscuit Hot Apple Crisp
<b>HOLIDAY MOWRI CLOSED 20</b> Chicken Pot Pie Mixed Vegetables Biscuit Hot Cinnamon Pears	<b>21</b> Chicken Ziti & Broccoli Casserole Green Beans Cracked Wheat Bread Hot Cinnamon Apples	<b>22</b> Sloppy Joe Tater Tots Scandinavian Vegetables WW Hamburger Bun Mixed Fruit Cup	<b>23</b> Hot Dog Tater Tots Chuckwagon Vegetables Hot Dog Roll Ketchup Fresh Banana	<b>24</b> Honey Garlic Cod Brown Rice Pilaf Asian Vegetables Whole Wheat Roll Clementine's (2)
<b>27</b> Pasta with Meat Sauce Italian Vegetables Vienna Bread Parmesan Cheese Pineapple Tidbits	<b>28</b> Shepard's Pie Green Beans Corn Muffin Hot Cinnamon Pears	<b>29</b> Mediterranean Chicken Roasted Potato Zucchini Wheat Bread Fresh Banana	<b>30</b> Beef Stroganoff Buttered Noodles Broccoli Oatmeal Bread Raisin	<b>31</b> Roast Pork with Apple Cider Gravy Mashed Potatoes Mixed Vegetables WW Roll SF Vanilla Puddin

*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



*Meals on Wheels*  
OF RHODE ISLAND

We have a statewide double delivery on 1/14/2025 for office being closed on 1/20/2025.