



MEALS ON WHEELS OF RI
LATIN MENU – January 2025
 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	HOLIDAY MOWRI CLOSED 1 Cilantro & Lime Chicken Yellow Rice Peas Wheat Bread Fruit cup	2 Chicken w/ black bean salsa Cheesy Mash Green Beans Wheat Bread Fresh Banana	3 Braised Chicken thigh w/ Sofrito White Rice Broccoli Dinner roll Vanilla Waffer
6 Beef Picadillo Yellow Rice Garlic Broccoli Wheat bread Apple Bar	7 Tilapia w/Pineapple Salsa Mashed Sweet Potatoes Corn Niblett's WW Roll Graham Cracker	8 Pollo Guisado White Rice Green Beans Cracked Whet Bread Lorna Doones	9 Mexican Beef Corn w/ Peppers Corn Muffin Nectarine	10 Fiesta Fish Lime Rice Corn w/ Peppers WW Roll Pear
13 Mojo Chicken Black beans Plantains Corn Muffin Lorna Doones	STATEWIDE DOUBLES 14 Pollo Asada Lime Rice Broccoli & Peppers WW Roll Banana	15 Pork Enchilata Whipped Potato Green Beans w/ peppers Wheat Bread Applesauce	16 Tilapia w/ Citrus Salsa Cilantro Rice Carrots Rye Bread Fruit cup	17 Pork Picadillo Roasted Potato Zucchini WW roll Apple oatmeal Bar
HOLIDAY MOWRI CLOSED 20 Spanish Omelet Roasted potato Peppers and Onions Muffin Yogurt	21 Chorizo with Peppers and Onion Red Beans w/ Rice Garlic Green Beans Wheat Bread Lorna Doones	22 Beef Taco Yellow Rice Plantains Tortilla Fruit cup	23 Chicken Fajita Yellow rice w/ Beans Broccoli Tortilla Mixed fruit	24 Carne Guisada Green Beans Dinner roll Blueberry Bites
27 Mexican Chicken Spiced Yams Fiesta mix veg WW roll Fruit Cup	28 Beef Fajita Yellow rice w/ beans Breen Beans Fruit cup	29 Rope Vieja Mashed Potato Carrots Dinner Roll Fruit cup	30 Chili Mashed Potato Plantains Wheat Bread Fig Bar	31 Cuban Pork Rice Broccoli WW Dinner Roll Applesauce

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

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