


MEALS ON WHEELS OF RI

HOME DELIVERED CARDIAC MENU – May 2025

Catered by TRIO Community Meals
Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Nutrition Information is for the entire meal including bread, milk & 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.	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.	COLD MEAL 1 Egg salad 224 Lettuce Bed 5 Pasta salad w/veggies 46 Spinach & Mandarin salad 50 Pullnam roll 130 Fresh Orange 0 Salad Dressing 20 Cal:966 Sod:613 mg; Carb:115g	2 Pasta 1 Bolognese sauce 96 Tuscany vegetables 41 Vienna Bread 150 Hot Caramel Pears 21 Parmesan Cheese 55 Cal:571 Sod:502 mg; Carb:88g
5 Chicken Ziti Broccoli 196 Casserole 30 California Vegetables 115 Cracked Wheat Bread 9 Hot Cinnamon Apples Cal:626 Sod:488 mg; Carb:69 g	6 Chicken fajitas w/ sal 246 Brown rice & beans 22 Chuckwagon Vegetables 3 Tortilla 95 Clementines 1 Cal:657 ;Sod:504mg; Carb:89g	7 Lemon dill cod 239 Brown rice w/ orzo 4 Asian vegetables 43 Cracked wheat bread 115 Fresh banana 1 Cal:614; Sod:540mg; Carb:101g	8 Sloppy Joe 129 Home fried potatoes 6 Scandinavian vegetables 41 WW Hamburger 180 Fruit Cocktail 5 Cal:763; Sod:498mg; Carb:91g	9 Pot Roast w/ gravy 177 Roasted potatoes 6 Butternut squash & apples 4 Wheat bread 90 SF Chocolate pudding 112 Cal: 732; Sod:528mg; Carb:96g
12 Chicken Stew 318 Corn muffin 80 Green Peas 82 Canned Pears 6 Cal:683 Sod:624 mg; Carb:92g	13 Pasta w/ meat sauce 383 Italian Vegetables 26 Wheat Bread 90 Lemon/Blueberry bites 60 Cal:665; Sod:606mg; Carb:94g	COLD MEAL 14 Chicken Tikka Massala 275 Brown Rice 5 Green Beans 2 WW Superior roll 180 Fruit Cocktail 5 Cal:602; Sod:604mg; Carb:75g	15 Roast Pork 50 Apple cider gravy 155 Mashed Potatoes 20 Mixed vegetables 42 WW Roll 180 Diet vanilla pudding 1 Cal:626; Sod:586mg; Carb:69g	COLD MEAL 16 Chicken salad on 131 Lettuce bed 5 Tomato, broccoli & cucumber salad 58 Potato salad 50 Hamburger roll 180 Raisins 5 Cal:797; Sod:566mg; Carb:97g
NO MILK 19 Plain omelet 318 Peppers onions 54 Home-fried potatoes 6 Yogurt 75 Snack loaf 115 Orange Juice 15 Cal:654; Sod:579mg; Carb:96g	20 Chicken Marsala 327 Rotini pasta 11 Roman vegetables 17 Vienna bread 150 Clementines(2) 1 Cal:545; Sod:645mg; Carb:79g	STATEWIDE DOUBLE DELIVERY 21 Turkey Chili 285 White rice 2 Spinach 111 Corn muffin 80 Hot Caramel peaches 24 Cal:734; Sod:638mg; Carb:94g	22 HM Meatloaf 111 Brown Gravy 145 ½ potato 4 Green peas 82 Pullman Roll 65 Lorna Doones 100 Cal:772; Sod:645mg; Carb:94g	23 Potato Crunch Pollock 333 Pullman Roll 65 Lemon Juice 1 Home fried potatoes 6 Scandinavian vegetables 41 Fresh Apple 2 Cal:639; Sod:608mg; Carb:64g
MOWRI CLOSED 26	27 Aloha Chicken 112 Pineapple Brown Rice 4 Asian Vegetables 43 Dinner roll 260 Mandarin Oranges 7 Cal:624; Sod:563mg; Carb:92g	28 American Chop Suey 250 Jardiniere Vegetables 31 Pullman Roll 65 Hot Cinnamon Peaches 6 Cal: 751; Sod:491mg; Carb:85g	COLD MEAL 29 Chicken Salad 131 Green Cabbage Coleslaw 64 Vinaigrette pasta salad 5 Cracked Wheat Bread 115 Fresh Banana 1 Cal: 875; Sod:453mg; Carb:102g	30 Cajun Tilapia 109 Brown Rice Pilaf 16 Citrus Salsa 5 Cooked Carrots 77 Pullman Roll 65 Vanilla Wafers 50 Cal: 736; Sod:460mg; Carb:104g

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



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