




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

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	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	COLD MEAL 1 Dilled Egg Salad Pasta Salad Spinach w/ Mandarin Oranges Wheat x2 Fresh Orange	2 Lasagna w/ Bolognese sauce Tuscany Vegetable Blend Caramelized Pears Vienna Bread
5	6	7	8	9
Chicken, Ziti, Broccoli casserole California Vegetables Cracked Wheat Cinnamon Apples	Chicken Fajita Rice w/ Black Beans Chuckwagon Vegetables Tortilla Fresh Orange	Honey Garlic Cod Rice Pilaf Oriental Veg Blend WW roll Fresh Banana	Sloppy Joe Tater Tots Scandinavian Vegetable Hamburger roll Mixed Fruit	Pot Roast w/ Gravy Roasted Potato Butternut squash w/ Apples Dinner Roll SF Pudding
12	13	14	15	COLD MEAL 16
Chicken Stew Green Peas Corn Muffin Diced Pears	Pasta w/ Meat Sauce Italian Vegetable Vienna Parmesan Cheese Lemon Square	Tikka Marsala Chicken White Rice Green Beans WW Roll Mixed Fruit	Roast Pork w/ Apple Cider Gravy Mashed Potato Mixed Vegetable WW Roll SF Vanilla Pudding	Tuna Salad Cucumber, Tomato Salad Potato Salad WW Hamburger roll Raisins
19	20	STATEWIDE DOUBLE 21	22	23
Swiss Cheese Omelet Home Fries Peppers & Onions Snack Loaf Yogurt	Chicken Marsala Parslied Rotini Roman Vegetables Vienna Bread Fresh Orange	Turkey Chile White Rice Spinach Hot Cinnamon Peaches Corn Muffin	Meatloaf w/ Gravy ½ Baked Potato Green Peas Sour Cream Wheat Bread Lorna Doones	WG Breaded Fish Tater Tots Scandinavian Vegetable WW Hamburger Roll Tartar Sauce Fresh Apple
MEMORIAL DAY CLOSED 26	27	28	COLD MEAL 29	30
Chicken Florentine White Rice Carrots Wheat Bread	Chicken Aloha Pineapple Rice Oriental Vegetables Dinner Roll Mandarin Cup	American Chop Suey Jardiniere Vegetable Hot Cinnamon Peaches Oatmeal Bread	Turkey & Swiss German Potato Salad Tossed Salad Dressing Bulky Roll Fresh Banana	Tilapia w/ Citrus Salsa White Rice Carrots WW Roll Blueberry lemon Bites

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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whundley@rimeals.org

