



**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	<b>VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL</b> Cash, Check, Money Order, SNAP, PayPal Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700	<b>COLD MEAL 1</b> Dilled Egg Salad Pasta Salad Spinach w/ Mandarin Oranges Wheat x2 Fresh Orange	<b>2</b> Lasagna w/ Bolognese sauce Tuscany Vegetable Blend Caramelized Pears Vienna Bread
<b>5</b> Chicken, Ziti, Broccoli casserole California Vegetables Cracked Wheat Cinnamon Apples	<b>6</b> Chicken Fajita Rice w/ Black Beans Chuckwagon Vegetables Tortilla Fresh Orange	<b>7</b> Honey Garlic Cod Rice Pilaf Oriental Veg Blend WW roll Fresh Banana	<b>8</b> Sloppy Joe Tater Tots Scandinavian Vegetable Hamburger roll Mixed Fruit	<b>9</b> Pot Roast w/ Gravy Roasted Potato Butternut squash w/ Apples Dinner Roll SF Pudding
<b>12</b> Chicken Stew Green Peas Corn Muffin Diced Pears	<b>13</b> Pasta w/ Meat Sauce Italian Vegetable Vienna Parmesan Cheese Lemon Square	<b>14</b> Tikka Marsala Chicken White Rice Green Beans WW Roll Mixed Fruit	<b>15</b> Roast Pork w/ Apple Cider Gravy Mashed Potato Mixed Vegetable WW Roll SF Vanilla Pudding	<b>COLD MEAL 16</b> Tuna Salad Cucumber, Tomato Salad Potato Salad WW Hamburger roll Raisins
<b>19</b> Swiss Cheese Omelet Home Fries Peppers & Onions Snack Loaf Yogurt	<b>20</b> Chicken Marsala Parslied Rotini Roman Vegetables Vienna Bread Fresh Orange	<b>STATEWIDE DOUBLE 21</b> Turkey Chile White Rice Spinach Hot Cinnamon Peaches Corn Muffin	<b>22</b> Meatloaf w/ Gravy ½ Baked Potato Green Peas Sour Cream Wheat Bread Lorna Doones	<b>23</b> WG Breaded Fish Tater Tots Scandinavian Vegetable WW Hamburger Roll Tartar Sauce Fresh Apple
<b>MEMORIAL DAY CLOSED 26</b> Chicken Florentine White Rice Carrots Wheat Bread	<b>27</b> Chicken Aloha Pineapple Rice Oriental Vegetables Dinner Roll Mandarin Cup	<b>28</b> American Chop Suey Jardiniere Vegetable Hot Cinnamon Peaches Oatmeal Bread	<b>COLD MEAL 29</b> Turkey & Swiss German Potato Salad Tossed Salad Dressing Bulky Roll Fresh Banana	<b>30</b> 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](mailto:whundley@rimeals.org)**

