




MEALS ON WHEELS OF RI
LATIN 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	1 Braised Chicken thigh w/ Sofrito White Rice Broccoli Dinner roll Vanilla Wafer	2 Beef Picadillo Yellow Rice Garlic Broccoli Wheat bread Apple Bar
5 Pork Enchilada Whipped Potato Green Beans w/ peppers Wheat Bread Applesauce	6 Chicken Fajita Rice and Beans Chuckwagon veggies Tortilla Orange	7 Chicken 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
12 Cilantro & Lime Chicken Yellow Rice Peas Wheat Bread Fruit cup	13 Beef Taco Yellow Rice Plantains Tortilla Fruit cup	14 Mojo Chicken Black beans Plantains Corn Muffin Lorna Doones	15 Cuban Pork Rice Broccoli WW Dinner Roll Applesauce	16 Tilapia w/ Citrus Salsa Cilantro Rice Carrots Rye Bread Fruit cup
19 Pollo Asada Lime Rice Broccoli & Peppers WW Roll Banana	20 Spanish Omelet Roasted potato Peppers and Onions Muffin Yogurt	STATEWIDE DOUBLE DELIVERY 21 Chorizo with Peppers and Onion Red Beans w/ Rice Garlic Green Beans Wheat Bread Lorna Doones	22 Chicken Taco Potato Corn and Peppers Tortilla Lorna Doones	23 Fiesta Fish Lime Rice Corn w/ Peppers WW Roll Pear
MOWRI CLOSED 26 Carne Guisada Green Beans Dinner roll Blueberry Bites	27 Mexican Chicken Spiced Yams Fiesta mix veg WW roll Fruit Cup	28 Pork Picadillo Roasted Potato Zucchini WW roll Cookie	29 Rope Vieja Mashed Potato Carrots Dinner Roll Fruit cup	30 Chili Mashed Potato Plantains Wheat Bread Fig Bar

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



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whundley@rimeals.org