

MEALS ON WHEELS OF RI HOME DELIVERED CARDIAC MENU – July 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	1 Chicken Marsala 190 Rotini with Parsley 11 Roman Vegetables 17 Pullman Bread 65 Lorna Doones 100 Cal: 704 Sodium: 521mg Carb: 89g From meal: 35g	COLD MEAL/DBL DELIVERY 2 Chicken Salad 134 on Lettuce bed 5 Hamburger Bun 180 Vinaigrette Coleslaw 23 Potato Salad 194 Clementines (2) 1 Cal: 779 Sodium: 507mg Carb: 80g From meal: 26g	3 Butter crumb Pollock 390 Pullman Bread 65 Potato Home Fries 6 Scandinavian Vegetables 50 Lemon Juice 1 Fresh Apple 2 Cal: 787 Sodium: 651mg Carb: 107g From meal: 48g	MOWRI CLOSED 4 Chicken Stew 318 Green Peas 82 Corn Muffin 80 Hot Cinnamon Pears 6 Cal: 683 Sodium: 624mg Carb: 92 g
7 Hamburger 150 Potato Home Fries 6 Hot Dog Roll 165 Zucchini 24 Ketchup 82 Oatmeal Apple Bar 85 Cal: 705 Sodium: 642mg Carb: 93g From Meal: 33g	8 Aloha Chicken 239 Pineapple Brown Rice 4 Asian Vegetables 43 MG Bread 150 Mandarin Oranges 7 Cal: 541 Sodium: 580mg Carb: 80g From Meal 41g	COLD MEAL 9 Tuna Salad 240 Hamburger Roll 180 Pasta Salad 47 Garden Salad 17 Italian Dressing 20 Fresh Orange 0 Cal: 657 Sodium 642mg Carb: 88g From Meal: 34g	10 American Chop Suey 250 Jariniere Vegetables 31 Pullman Bread 65 Hot Cinnamon Peaches 6 Cal: 751 Sodium: 491mg Carb: 85mg From Meal: 30mg	11 Cajan Tilapia 109 Brown Rice Pilaf 16 Sliced Carrots 77 Citrus Salsa 5 Vienna Bread 150 Apple Cinnamon Grahams 85 Cal: 662 Sodium: 580mg Carb: 92 From Meal: 48g
14 BBQ Chicken 149 Mashed Spiced Yams 66 Riviera Vegetables 7 Pullman Bread 65 Apple Cinnamon Graham 85 Cal: 739 Sodium: 484mg Carb: 110mg From Meal 56g	15 Chicken Scampi 234 Rotini with Parsley 11 Green Beans 3 White Roll 260 Canned Pineapple 1 Cal: 673 Sodium: 647mg Carb: 91g From meal: 33g	16 Potato Crunch Chicken 333 Buttered White rice 20 Broccoli & Carrots 45 Pullman Bread 65 Lemon Juice Fresh Pear 2 Cal: 631 Sodium: 603mg Carb: 90mg From meal: 29g	17 Honey Ginger Chicken 208 Lo Mein Noodles 50 Asian Vegetables 43 WW Roll 180 Applesauce 13 Cal: 591 Sodium: 632mg Carb: 84g From meal: 43g	COLD MEAL 18 Tuna Salad 240 Lettuce Bed 5 Carrot & Raisin Salad 146 Pasta Salad 46 Pullman Bread 65 Fresh Banana 1 Cal: 852 Sodium: 641mg Carb: 115g From meal: 52g
21 Hamburger 150 Hamburger Roll 180 Roasted Potatoes 6 Broccoli & Carrots 36 Ketchup 82 Lemon Blueberry Cookies 60 Cal: 701 Sodium: 651mg Carb: 93g From meal: 36g	22 Jerk Chicken 167 Red Beans & Rice 31 Collard Greens 57 Corn Muffin 80 Fried Plantains 6 Cal: 755 Sodium: 478mg Carb: 113mg From meal: 41g	23 Macaroni & Cheese 359 Green Peas 82 Pullman Bread 65 Fresh Apple 2 Cal: 773 Sodium: 645mg Carb: 117g From meal: 58g	COLD MEAL 24 Egg Salad 224 Lettuce Bed 5 Pasta & Veg. Salad 46 Spin. Salad Orange 50 Pullman Bread (2) 130 Italian Salad Dressing 20 Fresh Orange 0 Cal: 966 Sodium: 613mg Carb: 115mg From meal: 37g	25 Cooked Pasta 1 Bolognese Sauce 96 Tuscany Vegetables 41 Vienna Bread 15 Hot Caramel Pears 0 Parmesan Cheese 21 Cal: 571 Sodium: 502mg Carb: 88g From meal: 39g
28 Chicken & Broccoli Ziti 196 Casserole 30 California Vegetables 115 Oat Bread 9 Cal: 626 Sodium: 488mg Carb: 69g From meal: 21g	29 Chicken Fajitas 132 Brn Rice w/Black Beans 22 Chuckwagon Veg. 3 Fajita Salsa 4 Flour tortilla 95 Clementines (2) 1 Cal: 657 Sodium: 504mg Carb: 89g From meal: 51g	30 Lemon Dill Cod 239 Brown Rice & Orzo 4 Asian Vegetables 43 WW Roll 180 Fresh Banana 1 Cal: 574 Sodium: 605mg Carb: 93g From meal: 37g	31 Sloppy Joe 129 Hamburger Roll 180 Potato Home Fries 6 Scandinavian Vegetables 41 Fruit Cocktail 5 Cal: 763 Sodium: 498mg Carb: 91g From meal: 41g	

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

Frozen: Thaw meal in fridge, follow above instructions

WGR – whole grain

SF = sugar free

LS = low sodium OR low sugar



**HAPPY
FOURTH OF**
July

Meals on Wheels of RI will be closed on Friday, July 4th in recognition of Independence Day.
Double meals will be delivered Wednesday, July 2nd.

Client Donations:

A friendly reminder about client donations:

We kindly ask for a suggested \$3 donation per meal.
Inability to donate will never affect your access to our program.

To set up a recurring donation, please contact us at:
401-351-6700 ext. 90193

Thank you for your help in this important matter!