



MEALS ON WHEELS OF RI HOME DELIVERED LATIN 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 Braised Chicken thigh w/Sofrito White Rice Broccoli Dinner Roll Vanilla Waffer	STATEWIDE DBL DELIVERY 2 Beef Picadillo Yellow Rice Garlic Broccoli Wheat bread Apple Bar	3 Pork Enchilada Whipped Potato Green Beans w/peppers Wheat Bread Applesauce	MOWRI CLOSED 4 Chicken Fajita Rice and Beans Chuckwagon Veggies Tortilla Orange
7 Chicken w/Pineapple Salsa Mashed Sweet Potato Corn Niblett WW Roll Graham Cracker	8 Pollo Guisado White Rice Green Beans Cracked Wheat Bread Lorna Doones	9 Mexican Beef Corn w/Peppers Corn Muffin Nectarine	10 Cilantro & Lime Chicken Yellow Rice Peas Wheat Bread Fruit Cup	11 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	17 Pollo Asada Lime Rice Broccoli & Peppers WW Roll Banana	18 Spanish Omelet Roasted Potato Peppers and Onions Muffin Yogurt
21 Chorizo w/Peppers & Onions Red Beans w/Rice Garlic Green Onions 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	24 Carne Guisada Green Beans Dinner Roll Blueberry Bites	25 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	31 Mojo Beef Cilantro Lime Rice Peas Wheat Roll Fruit Cup	

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



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!