



# MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – September 2025

Catered by TRIO Community Meals

Menu subject to change

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[www.rimeals.org](http://www.rimeals.org)

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Pork egg roll in bowl Fried Rice Broccoli Bread Fruit	<b>2</b> Sweet and Sour Pork Noodles Mixed Vegetables Bread Fruit	<b>3</b> Chicken teriyaki White Rice Vegetables Bread Fruit	<b>4</b> General To's Chicken Rice Stir Fry Vegetables Bread Fruit	<b>5</b> Chicken with Broccoli Soy noodles Asian Vegetables Bread Fruit
<b>8</b> Sesame Chicken White Rice Green Beans Bread Fruit	<b>9</b> White Fish w/ Black Bean Sauce Rice Broccoli Bread Fruit	<b>10</b> Gochujang Chicken w/ Noodles Asian Vegetable Blend Bread Fruit	<b>11</b> Chicken w/ Black Bean Sauce Rice Vegetables Bread Fruit	<b>12</b> Sweet and Sour Meatballs Buttered Noodles Vegetables Bread Fruit
<b>15</b> Vegetarian Delight Chef's Rice Vegetables Bread Fruit	<b>16</b> Ginger Soy Fish White Rice Broccoli Bread Fruit	<b>17</b> Honey Ginger Chicken Lo Mein Noodles Oriental Veggies Bread Fruit	<b>18</b> Chicken w/Garlic Sauce Noodles Stir Fry Vegetables Bread Fruit	<b>19</b> Beef Lo Mein Vegetables Bread Fruit
<b>22</b> Stir Fried Vegetables Over rice Bread Fruit	<b>23</b> Beef Stir Fry Over Noodles Broccoli Bread Fruit	<b>24</b> Pork Lo Mein w/ Vegetables Bread Fruit	<b>25</b> Sweet & Sour Chicken White Rice Stir Fry Veg Bread Fruit	<b>26</b> Chicken Fried Rice Mixed Vegetable Bread Fruit
<b>29</b> Chicken Stir Fry White Rice Spinach Bread Fruit	<b>30</b> Pork w/Chili sauce Fried Rice Green Beans Bread Fruit			<b>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 &amp; well-being, coolers are not allowed</b>

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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### **Friendly Reminder:**

Our office will be closed:  
**Monday, September 1st**  
In recognition of Labor Day

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Coming Soon:

### **Client Handbooks!**

We will soon be distributing our Client Handbooks! These will provide all the information you need to know about your services with Meals on Wheels of RI.

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