



MEALS ON WHEELS OF RI HOME DELIVERED MENU – September 2025

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Holiday Delivery 8/27 1 Chicken Paprika White Rice Broccoli Corn Muffin Blueberry lemon bites	2 Cheeseburger Roasted Potato Broccoli & Carrots Hamburger Roll Lemon Cookie	3 Jerk Chicken Red beans and Rice Collard Greens Sweet Plantains Corn Muffin	4 Macaroni & Cheese Green Peas WW Roll Fresh Apple	5 Lasagna w/ Bolognese sauce Tuscany Veggies Wheat Bread Hot Caramelized Pears
8 Chicken Ziti and Broccoli casserole California Veggies Hot Cinnamon apples Cracked wheat bread	9 Chicken Fajita Rice & Black Beans Chuckwagon Veggies Tortilla Fresh Orange	10 Honey Garlic Cod Rice Pilaf Oriental Veggies WW Roll Fresh Banana	11 Sloppy Joes Tater tots Scandinavian Veggies Hamburger Roll Mixed Fruit	COLD MEAL 12 Tuna Salad Cucumber-Tomato Salad Potato Salad WW Hamburger roll Fresh Apple
15 Chicken Stew Green Peas Corn Muffin Diced Pears	16 Pasta w/ Meat Sauce Italian veggies Parmesan Cheese Wheat Bread Lemon Cookies	17 Tikka Chicken Rice Green Beans WW Roll Mixed Fruit	18 Roast Pork w/ Apple cider Gravy Mashed Potato Mixed Veggies WW Rolls SF Vanilla Pudding	COLD MEAL 19 Dill Egg Salad Pasta Salad Spinach w/ mandarin salad Salad Dressing Wheat x2 Fresh Orange
22 Cheese Omelet Home Fries Peppers and Onions Yogurt Snack Loaf	23 Chicken Marsala Parslied Pasta Roman Veggies Vienna Bread Fresh Orange	24 Turkey Chili White Rice Spinach Corn Muffin SF Jello	COLD MEAL 25 Chicken Salad Potato Salad Coleslaw WW Hamburger roll Fresh Banana	26 WG Fish Tater Tots Scandinavian Veggies WW Hamburger roll Applesauce
29 Hot Dog Baked Beans Zucchini Hot Dog Rolls Mustard Apple Oatmeal Bar	30 Aloha Chicken Pineapple Rice Oriental Veggies Multigrain Bread Mandarin Oranges		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	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

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 directions above.

WGR – whole grain

SF = sugar free

LS = low sodium OR low sugar

Friendly Reminder:

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

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.
