



MEALS ON WHEELS OF RI HOME DELIVERED LATIN MENU – September 2025

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOWRI CLOSED 1 Braised Chicken thigh w/Sofrito White Rice Broccoli Dinner Roll Vanilla Waffers	2 Beef Picadillo Yellow Rice Garlic Broccoli Wheat Bread Apple Bar	3 Pork Enchilata Whipped Potato Green beans w/peppers Wheat Bread Applesauce	4 Chicken Fajita Rice and Beans Chuckwagon Veggies Tortilla Orange	5 Chicken w/Pineapple Salsa Mashed Sweet Potatoes Corn Niblett's 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	12 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 & Onions Muffin Yogurt	19 Chorizo w/Peppers & Onion Red Beans w/Rice Garlic Green Beans Wheat Bread Lorna Doones
22 Chicken Tacco Potato Corn and Peppers Tortilla Lorna Doones	23 Fiesta Fish Lime Rice Corn with Peppers WW Roll Pear	24 Carne Guisada Green Beans Dinner Roll Blueberry bites	25 Mexican Chicken Spiced Yams Fiesta mix vegetables WW Roll Fruit Cup	26 Pork Picadillo Roasted Potato Zucchini WW Roll Cookie
29 Rope Chicken Mashed Potato Carrots Dinner Roll Fruit CupR	26 Chili Mashed Potato Plantains Wheat Bread Fig Bar		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 above instructions*

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.
