



MEALS ON WHEELS OF RI HOME DELIVERED CARDIAC MENU – November 2025

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey Sausage Patty Whole Grain Pancake Peppers & Onions Home Fries Blueberry Snack Loaf Strawberry Yogurt Orange Juice	4 Chicken Marsala Parslied Rotini Roman Vegetables Vienna Bread Clementine 1% Milk	DOUBLE DELIVERY 5 Turkey Chili Rice Spinach Wheat Bread Seasonal Fruit 1% Mil	6 Pork Roast Apple Cider Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Pineapple Tidbits 1% Milk	7 Breaded Pollock Square Rice Scandinavian Vegetables WW Hamburger Bun Applesauce 1% Milk Tartar Sauce
10 Meatloaf Garlic Red Pepper Penne Zucchini Whole Wheat Bread Sliced Peaches 1% Milk	CLOSED HOLIDAY 11 Chicken Breast Florentine Sauce Whipped Potatoes Capri Vegetables Wheat Bread Seasonal Fruit 1% Milk	12 Chicken Breast Dill Sauce Pineapple Rice Japanese Vegetables Wheat Bread Mandarin Oranges 1% Mil	13 Sloppy Joe Oven Roasted Potatoes Jardiniere Vegetables WW Hamburger Bun Seasonal Fruit 1% Mil	14 Cajun Tilapia Brown Rice Sliced Carrots Wheat Bread Seasonal Fruit 1% Milk
17 Chicken Breast Mashed Spiced Yams Riviera Blend Wheat Bread Seasonal Fruit 1% Milk	18 Apple Glazed Pork Parslied Rotini Green Beans Whole Wheat Roll Pineapple Tidbits 1% Milk	19 Potato Crunch Pollock Buttered Rice Broccoli & Carrots Wheat Bread Fresh Pear 1% Milk Tartar Sauce	20 Grilled Chick Strips Orange Sauce Vegetable Lo Mein Japanese Vegetables Whole Wheat Roll Seasonal Fruit 1% Mil	21 Beef Stew Jardiniere Vegetables Multi-Grain Bread Hot Spiced Apples 1% Milk
DOUBLE DELIVERY 24 Chicken Broccoli Pasta Casserole California Vegetables Multi-Grain Bread Apples w/ Caramel 1% Milk	25 Pulled Cuban Pork Red Beans & Rice Collard Greens Plantains Wheat Bread 1% Milk	DOUBLE DELIVERY 26 Honey Soy Tilapia Whipped Sweet Potatoes Butternut Squash Wheat Bread Seasonal Fruit 1% Milk	CLOSED HOLIDAY 27 Chicken Breast Apricot Mustard Sauc Rice Broccoli Florets Wheat Bread Pineapple Tidbits 1% Milk	CLOSED HOLIDAY 28 Cheese Lasagna Roll Bolognese Sauce Tuscany Vegetables Wheat Bread Hot Caramelized Pears 1% Milk
			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. The menu is based on guidelines set forth by the Nutrition Care Manual and Dash Therapeutic Lifestyle Changes Heart Healthy Guidelines. All the meals on this menu contain less than **650 mg of sodium, less than 30% fat, and less than 10% saturated fat**. Nutritive analysis of each meal is available upon request.

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