



## MEALS ON WHEELS OF RI HOME DELIVERED MENU – December 2025

Catered by TRIO Community Meals

*Menu subject to change*

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Pollock with Scampi Sauce Couscous Riviera Blend Vegetables Rye Bread Fresh Fruit	<b>2</b> Unstuffed Pepper Casserole Peas and Onions Wheat Bread Fresh Fruit	<b>3</b> Chicken Piccata Quinoa Pilaf Summer Blend Vegetables WW Roll Tropical Fruit	<b>4</b> Lentil Stew Root Vegetables Oat Bread SF Vanilla Pudding	<b>5</b> Stuffed Shells with Tomato Sauce California Vegetables WW Roll Applesauce
<b>8</b> Pork with Balsamic Rosemary Sauce Roasted Red Bliss Potatoes <b>Ratatouille</b> Multigrain Bread Chocolate Chip Cookie	<b>9</b> Diced Chicken Marsala Buttered Orzo Green Beans and Red Peppers Wheat Bread Pears	<b>10</b> Potato Pollock Roasted Sweet Potatoes Broccoli and Cauliflower Multigrain Bread Oatmeal Raisin Cookie	<b>11</b> Pasta with Meatballs Italian Vegetables WW Roll Fresh Orange	<b>12</b> Broccoli Egg Bake Home Fries Stewed Tomato Rye Bread Applesauce
<b>15</b> Pot Roast with Gravy Mashed Potatoes Carrots WW Roll SF Chocolate Pudding	<b>16</b> Mixed Bean and Vegetable Soup Cauliflower WW Dinner Roll Brownie	<b>17</b> Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit	<b>18</b> Macaroni & Cheese Riviera Blend Vegetables Multigrain Bread Diced Peaches	<b>19</b> Chicken, Broccoli and Cheese Stuffing Italian Roasted Potatoes Honey Glazed Carrots and Parsnips Dinner Roll Boston Cream Cup
<b>22</b> Chicken Piccata White Rice Mixed Vegetables Dinner Roll Cookie	<b>23</b> Turkey Chili Roasted Sweet Potatoes Corn Bread Fruit Cup	<b>CLOSED HOLIDAY 24</b> Chicken Divan Parleyed Potato Butternut Squash Wheat Bread Pumpkin Pie	<b>CLOSED HOLIDAY 25</b> Cranberry Chicken Buttered Rice Carrots WW Roll Apple Graham	<b>26</b> Lasagna w/ Tomato Sauce Zucchini Vienna Bread Mixed Fruit
<b>29</b> Chicken Fajitas Peppers and Onions Tater Tots Tortilla Fruit Cup	<b>30</b> Chicken Strips with Honey Garlic Sauce California Blend Vegetables Steamed Potatoes Wheat Bread Fruit Cup	<b>CLOSED HOLIDAY 31</b> Turkey Shepard's Pie Broccoli & Carrots WW Roll Fresh Pears	<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>	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

**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

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## Friendly Reminders:

- Meals on Wheels of RI will be closed:
  - Wednesday, December 24th
  - Thursday, December 25th
  - Wednesday, December 31st
  - Thursday, January 1st



As winter approaches,  
please be sure to clear your  
steps and walk ways for our  
Volunteers' safety!

If a snow storm prevents us  
from delivering, please  
remember to use your shelf-  
stable meal boxes!

