



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

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Catered by TRIO Community Meals

Menu subject to change

#MoreThanAMeal

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Fiesta Fish Lime Rice Corn w/ Peppers WW Roll Pear		Chorizo with Peppers and Onion Red Beans w/ Rice Garlic Green Beans Wheat Bread Lorna Doones		Chicken w/Pineapple Salsa Mashed Sweet Potatoes Corn Niblett's WW Roll Graham Cracker		Mexican Meatballs Oven Browned Potatoes Carrots Whole Wheat Bread Fruit Margarine		Spanish Omelet Home Fries Peppers and Onions Snack Loaf Cookie Juice Margarine	
8		9		10		11		12	
Mexican Chicken Mashed Yams Fiesta Vegetables Corn Muffin Fruit Juice Margarine		Picante Pollock White Rice Spinich Tortilla Fruit Juice Margarine		Beef Picadillo Yellow Rice Green Beans Tortilla Cookie Juice Margarine		Beef stew Whipped Potatoes Corn Whole Wheat Bread Cookie Juice Milk		Sofrito Chicken Brown Rice Broccoli Tortilla Cookie Juice Margarine	
15		16		17		18		19	
Cilantro Lime Chicken Brown Rice Pilaf Peas Whole Wheat Bread Cookie Juice Margarine		Chicken stew White Rice Plantains Tortilla Cookie Juice		Mojo Chicken White Rice Green Beans Whole Wheat Bread Fruit Juice Margarine		Mexican Beef Oven Browned Potatoes Carrots Tortilla Cookie Juice Margarine		Fiesta Pollock Cilantro Lime Rice Plantains Whole Wheat Bread Margarine Tartar Sauce	
22		23		CLOSED HOLIDAY 24		CLOSED HOLIDAY 25		26	
Spanish Omelet Home Fries Peppers and Onions Snack Loaf Fruit Juice Margarine		Pollo Guisado White Rice Plantains Tortilla Cookie Juice		Beef Chili Half Baked Potato Corn Cornbread Muffin Fruit Milk Margarine		Pork Enchilada Whipped Potato Green Beans w/ peppers Wheat Bread Applesauce		Mexican Chicken Mashed Yams Fiesta Vegetables Whole Wheat Bread Fruit Juice Margarine	
29		30		CLOSED HOLIDAY 31		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		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	
Chicken with Citrus Salsa Buttered Rice Carrots Rye Bread Fruit Juice Margarine		Beef Picadillo Yellow Rice Green Beans Tortilla Cookie Juice Milk		Sofrito Chicken Brown Rice Broccoli Tortilla Cookie Juice Milk					

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

Frozen: Thaw meal in fridge, follow directions above.

WGR – whole grain

SF = sugar free

LS = low sodium OR low sugar

max

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!

