



MEALS ON WHEELS OF RI MENÚ LATINO A DOMICILIO – Diciembre de 2025

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Atendido por TRIO Community Meals

Menú sujeto a cambios

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pescado de fiesta Arroz con lima Maíz con pimientos Rollo WW Pera	2 Chorizo con pimientos y cebolla Frijoles rojos con arroz Judías verdes con ajo Pan de trigo Lorna Doones	3 Fajitas de pollo Arroz y frijoles Verduras de carreta de comida Tortilla Naranja	4 Albóndigas Mexicanas Papas Doradas al Horno Zanahorias Pan da Trigo Entero Fruta Margarina	5 Tortilla española Papas Fritas Caseras Pimientos y cebollas Pam de Bocadillo Galleta Jugo Margarina
8 Pollo Mexicano Puré de ñame Verduras de Fiesta Muffin de maíz Fruta Jugo Margarina	9 Abadejo Picante Arroz Blanco Espinaca Tortilla Fruta Jugo Margarina	10 Picadillo de Carne Arroz Amarillo Judías verdes Tortilla Galleta Jugo Margarina	11 Carne Guisada Papas batidas Maíz Pan de Trigo Entero Galleta Jugo Leche	12 Pollo Sofrito Arroz Integral Brócoli Tortilla Galleta Jugo Margarina
15 Pollo con Cilantro y Limón Pilaf de Arroz Integral Guisantes Pan de Trigo Entero Galleta Jugo	16 Carne de Res Para Tacos Arroz Integral Venduras de Fiesta Tortilla Galleta Jugo	17 Pollo Mojo Arroz Blanco Judías Verdes Pan de Trigo Entero Fruta Jugo Margarina	18 Carne Mexicana Papas Doradas al Horno Zanahorias Tortilla Galleta Jugo Margarina	19 Fiesta Pollock Arroz con Cilantro y Limón Plátanos Pan de Trigo Entero Margarina Salsa Tártara
22 Tortilla Española Papas Fritas Casera Pimientos y Cebollas Pan de Bocadillo Fruta Jugo Margarina	23 Pollo Guisado Arroz Blanco Plátanos Tortilla Galleta Jugo	MOWRI CERRADO 24 Chile de Res Papa al Horno a la Mitad Maíz Muffin de pan de maíz Fruta Leche Margarina	MOWRI CERRADO 25 Enchilada de cerdo Puré de patatas Judías verdes con pimientos Pan de trigo Coba	26 Pollo Mexicano Puré de ñame Verduras de Fiesta Pan de Trigo Entero Fruta Jugo Margarina
29 Pollo con Salsa Cítrica Arroz con Mantequilla Zanahorias Pan de Centeno Fruta Jugo Margarina	30 Picadillo de Carne Arroz Amarillo Judías Verdes Tortilla Galleta Jugo Leche	MOWRI CERRADO 31 Pollo Sofrito Arroz Integral Brócoli Tortilla Galleta Jugo Leche	<i>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</i>	
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				

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 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!

