

**MEALS ON WHEELS OF RI
RENAL MENU – MARCH 2026**

Menu subject to change

Catered by: TRIO Community Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Rosemary Balsamic Chicken Italian Roasted Potatoes Ratatouille Wheat Bread Pineapple Tidbits Apple Juice	3 Grilled Chicken Rice Green Beans w/Red Peppers Wheat Bread Seasonal Fruit Cranberry Juice	4 Potato Crunch Pollock Roasted Diced Sweet Potatoes Broccoli & Cauliflower Multi-Grain Bread Oatmeal Raisin Cookie Apple Juice	5 Tomato Basil Chicken Meatballs Penne Pasta Green Peas Seasonal Fruit Cranberry Juice	6 Honey Soy Tilapia Home Fries Peppers and Onions Whole Wheat Bread Applesauce Apple Juice
9 Lemon Herb Chicken Mashed Potatoes Sliced Carrots Seasonal Fruit Apple Juice	10 Vegetarian Stew (8 ounces) Cauliflower Whole Wheat Roll Tropical Fruit Cranberry Juice	11 Chicken Scallopini Rice Green Beans Wheat Bread Seasonal Fruit Apple Juice	12 Grilled Chicken Rice Zucchini & Cauliflower Whole Wheat Bread Seasonal Fruit Cranberry Juice	13 Baked Tilapia w/Creole Sauce Rice Riviera Vegetables Seasonal Fruit Apple Juice
16 American Chop Suey Broccoli Oatmeal Bread Seasonal Fruit Cranberry Juice	17 Sweet & Sour Chicken Meatballs Lo Mein Noodles Green Beans Whole Wheat Bread Peaches Apple Juice	18 Chili w/Beans Brown Rice Zucchini & Cauliflower Whole Wheat Roll Diced Pears	19 Chicken Diane Rice California Vegetables Whole Wheat Bread Lorna Doones Apple Juice	20 Baked Pollock w/Newberg Sauce Herbed Brown Rice Roman Vegetables Wheat Bread Applesauce
23 BBQ Chicken Whipped Potatoes Roasted Root Vegetables Wheat Bread Seasonal Fruit Cranberry Juice	24 Cheese Omelet O'Brien Potatoes Peppers & Onions Wheat Bread Fresh Orange Apple Juice	25 Dijon Herb Chicken Whipped Potatoes Jardiniere Vegetables Seasonal Fruit Apple Juice	26 Apple Glazed Chicken Whipped Sweet Potatoes Green Beans Wheat Bread Seasonal Fruit Cranberry Juice	27 Cheese Lasagna Roll w/Red Pepper Sauce Tuscany Vegetables Wheat Bread Diced Peaches Cranberry Juice
30 Chicken Breast Jasmine Coconut Rice Broccoli Whole Wheat Bread Applesauce Apple Juice	31 Citrus Mojo Chicken Rice Broccoli & Cauliflower Whole Wheat Bread Seasonal Fruit Apple Juice			

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



Thank You!

Thank you to each and every one of you who has supported our 2026 March For Meals Campaign! Between recommending program participants to receive special deliveries, to sharing our posts on social media, and making donations - we couldn't do it without you!

If you're interested in making a donation or learning more about how you can participate, call: 401-351-6700 ext. 90193