



## MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – March 2026

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>2</b></p> Beef Teriyaki Brown Rice Green Peas Wheat Bread Applesauce	<p style="text-align: right;"><b>3</b></p> General Tso's Chicken Rice Stir Fry Vegetables Rye Bread Diced Pears	<p style="text-align: right;"><b>4</b></p> Gochujang Chicken Lo Mein Noodles Green Beans Wheat Bread Pineapple Tidbits	<p style="text-align: right;"><b>5</b></p> Sweet and Sour Meatballs Brown Rice Broccoli Wheat Bread Pineapple Tidbits	<p style="text-align: right;"><b>6</b></p> Chili Garlic Tofu Rice Sliced Carrots Blueberry Snack Loaf Seasonal Fruit
<p style="text-align: right;"><b>9</b></p> Sesame Garlic Meatballs Rice Slice Carrots Wheat Bread Mandarin Oranges	<p style="text-align: right;"><b>10</b></p> Honey Garlic Chicken Brown Rice Pilaf Asian Vegetables Wheat Bread Seasonal Fruit	<p style="text-align: right;"><b>11</b></p> Sweet and Sour Chicken Rice Broccoli Vienna Bread Applesauce	<p style="text-align: right;"><b>12</b></p> Sesame Soy Chicken Lo Mein Noodles Green Beans Whole Grain Dinner Roll Applesauce	<p style="text-align: right;"><b>13</b></p> Honey Garlic Pollock Brown Rice Stir Fry Vegetables Wheat Bread Seasonal Fruit
<p style="text-align: right;"><b>16</b></p> Chicken Teriyaki Buttered Rice Sliced Carrots Rye Bread Seasonal Fruit	<p style="text-align: right;"><b>17</b></p> Beef Stir Fry Rice Green Beans Wheat Bread Seasonal Fruit	<p style="text-align: right;"><b>18</b></p> Honey Ginger Chicken Fried Rice Asian Vegetables Whole Wheat Roll Tropical Fruit	<p style="text-align: right;"><b>19</b></p> Chili Garlic Chicken Brown Rice Broccoli Wheat Bread Seasonal Fruit	<p style="text-align: right;"><b>20</b></p> General Tso's Tofu Lo Mein Noodles Spinach Whole Grain Dinner Roll Mandarin Oranges
<p style="text-align: right;"><b>23</b></p> Thai Basil Beef Brown Rice Broccoli Whole Wheat Dinner Roll Applesauce	<p style="text-align: right;"><b>24</b></p> Sesame Garlic Chicken Vegetable Lo Mein Sliced Carrots Seasonal Fruit	<p style="text-align: right;"><b>25</b></p> Sweet and Sour Pork Fried Rice Green Beans Whole Wheat Dinner Roll Pineapple Tidbits	<p style="text-align: right;"><b>26</b></p> Orange Chicken Lo Mein Noodles Japanese Vegetables Whole Wheat Dinner Roll Diced Peaches	<p style="text-align: right;"><b>27</b></p> Curry Lentil Stew Brown Rice Asian Vegetables Whole Wheat Pita Bread Diced Pears
<p style="text-align: right;"><b>30</b></p> Beef Teriyaki Brown Rice Green Peas Wheat Bread Applesauce	<p style="text-align: right;"><b>31</b></p> General Tso's Chicken Rice Stir Fry Vegetables Rye Bread Diced Pears	<p><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></p>		<p style="text-align: center;"><u>VOLUNTARY SUGGESTED DONATION: \$3 PER MEAL</u> Cash, Check, Money order, SNAP, Paypal Make checks payable to: Meals on Wheels of RI 70 Bath st. Providence, RI 02908 (401)-351-6700</p>



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



## 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