



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

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Rosemary Balsamic Chicken Italian Roasted Potatoes Ratatouille Whole Wheat Bread Pineapple Tidbits	<b>3</b> Grilled Chicken Seasoned Orzo Green Beans with Red Peppers Wheat Bread Seasonal Fruit	<b>4</b> Potato Crunch Pollock Roasted Diced Sweet Potatoes Broccoli and Cauliflower Wheat Bread Oatmeal Raisin Cookie	<b>5</b> Tomato Basil Chicken Meatballs Penne Pasta Green Peas Whole Wheat Roll Fresh Orange	<b>6</b> Spanish Tilapia Home Fries Peppers and Onions Whole Wheat Bread Applesauce
<b>9</b> Herbed Chicken Mashed Potatoes Sliced Carrots Whole Wheat Bread Seasonal Fruit	<b>10</b> Turkey Burger Whole Kernel Corn Broccoli Hamburger Bun Applesauce	<b>11</b> Chicken Scallopini Buttered Penne Green Beans Wheat Bread Seasonal Fruit	<b>12</b> Grilled Chicken Rice Spinach Whole Wheat Bread Mandarin Oranges	<b>13</b> Tilapia with Creole Sauce Rice Riviera Vegetables Multi Grain Bread Seasonal Fruit
<b>16</b> Lemon Herb Chicken Oven Roasted Sweet Potatoes Broccoli Oatmeal Bread Seasonal Fruit	<b>17</b> Sweet and Sour Chicken Meatballs Lo Mein Noodles Green Beans Whole Wheat Bread Pineapple Tidbits	<b>18</b> Chili with Beans Brown Rice Zucchini and Cauliflower Diced Pears	<b>19</b> Chicken Diane Seasoned Orzo California Vegetables Oatmeal Bread Seasonal Fruit	<b>20</b> Baked Pollock with Newberg Sauce Herbed Brown Rice Roman Vegetables Wheat Bread Applesauce
<b>23</b> BBQ Chicken Whipped Potatoes Roasted Root Vegetables Wheat Bread Seasonal Fruit	<b>24</b> Turkey Burger O'Brien Potatoes Peppers and Onions Hamburger Bun Fresh Orange	<b>25</b> Dijon Herb Chicken Whipped Potatoes Jardiniere Vegetables Wheat Bread Tropical Fruit	<b>26</b> Apple Glazed Pork Roasted Diced Sweet Potatoes Green Beans Wheat Bread Seasonal Fruit	<b>27</b> Cheese Lasagna Roll with Red Pepper Sauce Tuscany Vegetables Wheat Bread
<b>30</b> Chicken Breast Jasmine Coconut Rice Broccoli Whole Wheat Bread Pineapple Tidbits	<b>31</b> Citrus Mojo Chicken Cavatappi Pasta Broccoli and Cauliflower Multi Grain Bread Seasonal Fruit	<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>	<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	

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