



MEALS ON WHEELS OF RI HOME DELIVERED MENU – March 2026

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Rosemary Balsamic Pork Italian Roasted Potatoes Ratatouille Multi Grain Bread Pineapple Tidbits	3 Honey Mustard Chicken Seasoned Orzo Green Beans with Red Peppers Wheat Bread Diced Pears	4 Potato Crunch Pollock Roasted Diced Sweet Potatoes Broccoli and Cauliflower Multi Grain Bread Oatmeal Raisin Cookie	5 Tomato Basil Chicken Meatballs Penne Pasta Green Peas Whole Wheat Roll Fresh Orange	6 Broccoli Cheese Bake Home Fries Peppers and Onions Rye Bread Applesauce
9 Roast Beef with Brown Gravy Mashed Potatoes Sliced Carrots Wheat Bread Seasonal Fruit	10 Vegetarian Stew Cauliflower Whole Wheat Roll Tropical Fruit	11 Chicken Scallopini Buttered Penne Green Beans Wheat Bread Seasonal Fruit	12 Chicken and Rice Casserole Spinach Garlic Knot Mandarin Oranges	13 Macaroni and Cheese Riviera Vegetables Multi Grain Bread Diced Peaches
16 Corned Beef Stew Sweet Potatoes Wheat Bread Seasonal Fruit	17 Sweet and Sour Chicken Meatballs Lo Mein Noodles Green Beans Multi Grain Bread Vanilla Pudding	18 Chili with Beans Brown Rice Zucchini and Cauliflower Whole Wheat Roll Diced Pears	19 Chicken Diane Seasoned Orzo California Vegetables Oatmeal Bread Cupcake	20 Baked Pollock with Newberg Sauce Herbed Brown Rice Roman Vegetables Wheat Bread Applesauce
23 Turkey Breast with Poultry Gravy Whipped Potatoes Roasted Root Vegetables Wheat Bread Seasonal Fruit	24 Cheese Omelet Pork Sausage Patty O'Brien Potatoes Peppers and Onions Whole Wheat Bread Fresh Orange	25 Dijon Herb Chicken Whipped Potatoes Jardiniere Vegetables Whole Wheat Roll Chocolate Pudding	26 Apple Glazed Pork Roasted Diced Sweet Potatoes Green Beans Whole Wheat Roll Seasonal Fruit	27 Cheese Lasagna with Tomato Sauce Tuscany Vegetables Wheat Bread Diced Peaches
30 Chicken Breast Jasmine Coconut Rice Broccoli Multi Grain Bread Pineapple Tidbits	31 Citrus Mojo Chicken Cavatappi Pasta Broccoli and Cauliflower Multi Grain Bread Seasonal Fruit	<p><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></p>	<p><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