



MEALS ON WHEELS OF RI HOME DELIVERED LATIN MENU – March 2026

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Chili Baked Potato Whole Kernel Corn Cornbread Muffin Applesauce	3 Chicken Pollo Guisado Rice Plantains Flour Tortilla Diced Pears	4 Citrus Mojo Chicken Rice Green Beans Wheat Bread Seasonal Fruit	5 Beef Taco Meat Brown Rice Fiesta Vegetables Flour Tortilla Pineapple Tidbits Taco Sauce	6 Spanish Omelet Home Fries Peppers and Onions Blueberry Snack Loaf Seasonal Fruit
9 Carne Molida Black Beans Sliced Carrots Flour Tortilla Mandarin Oranges	10 Chicken Fricasse Spanish Rice Plantains Wheat Bread Seasonal Fruit	11 Honey Chimichurri Chicken Rice Fiesta Vegetables Vienna Bread Applesauce	12 Beef Picadillo Turmeric Rice Green Beans Flour Tortilla Applesauce	13 Ancho Lime Pollock Cilantro Lime Rice Plantains Flour Tortilla Seasonal Fruit
16 Citrus Salsa Chicken Buttered Rice Sliced Carrots Rye Bread Seasonal Fruit	17 Beef Carne Guisado Rice Whole Kernal Corn Wheat Bread Seasonal Fruit	18 Chicken Fricassee Spanish Rice Plantains Wheat Bread Tropical Fruit	19 Picante Chicken Brown Rice Broccoli Flour Tortilla Seasonal Fruit	20 Stewed Pinto Beans Rice Spinach Flour Tortilla Mandarin Oranges
23 Beef Carne De Asada Brown Rice Mexicali Vegetables Flour Tortilla Applesauce	24 Chicken Sanocho Turmeric Rice Mexican Corn Whole Wheat Bread Seasonal Fruit	25 Pork Carnitas Black Beans Peppers and Onions Flour Tortilla Pineapple Tidbits Picante Sauce	26 Chicken Fajita Spanish Rice Plantains Flour Tortilla Diced Peaches Sour Cream	27 Latino Lentil Stew Brown Rice Fiesta Vegetables Cornbread Diced Pears
30 Beef Chili Baked Potato Whole Kernel Corn Cornbread Muffin Applesauce	31 Chicken Pollo Guisado Rice Plantains Flour Tortilla Diced Pears	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		<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