



MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – April 2026

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Catered by TRIO Community Meals

Menu subject to change

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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</p>		<p style="text-align: right;">1</p> <p>Gochujang Chicken Lo Mein Noodles Green Beans Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;">2</p> <p>Sweet and Sour Meatballs Brown Rice Broccoli Wheat Bread Pineapple Tidbits</p>	<p style="text-align: right;">3</p> <p>Chili Garlic Tofu Rice Sliced Carrots Blueberry Snack Loaf Fresh Seasonal Fruit</p>
<p style="text-align: right;">6</p> <p>Sesame Garlic Meatballs Rice Sliced Carrots Wheat Bread Mandarin Oranges</p>	<p style="text-align: right;">7</p> <p>Honey Garlic Chicken Brown Rice Pilaf Asian Vegetables Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;">8</p> <p>Sweet and Sour Chicken Rice Broccoli Vienna Bread Applesauce</p>	<p style="text-align: right;">9</p> <p>Sesame Soy Chicken Lo Mein Noodles Green Beans Whole Grain Dinner Roll Applesauce</p>	<p style="text-align: right;">10</p> <p>Honey Garlic Pollock Brown Rice Asian Vegetables Wheat Bread Fresh Seasonal Fruit</p>
<p style="text-align: right;">13</p> <p>Chicken Teriyaki Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;">14</p> <p>Beef Stir Fry Rice Green Beans Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;">15</p> <p>Honey Ginger Chicken Fried Rice Asian Vegetables Whole Wheat Roll Tropical Fruit</p>	<p style="text-align: right;">16</p> <p>Chili Garlic Chickens Brown Rice Broccoli Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;">17</p> <p>General Tso's Tofu Lo Mein Noodles Spinach Whole Grain Dinner Roll Mandarin Oranges</p>
<p style="text-align: right;">20</p> <p>Thai Basil Beef Brown Rice Broccoli Whole Wheat Roll Applesauce</p>	<p style="text-align: right;">21</p> <p>Sesame Garlic Chicken Vegetables Lo Mein Sliced Carrots Fresh Seasonal Fruit</p>	<p style="text-align: right;">22</p> <p>Sweet and Sour Pork Fried Rice Green Beans Whole Wheat Roll Pineapple Tidbits</p>	<p style="text-align: right;">23</p> <p>Orange Chicken Lo Mein Noodles Japanese Vegetables Whole Wheat Roll Diced Peaches</p>	<p style="text-align: right;">24</p> <p>Curry Lentil Stew Brown Rice Asian Vegetables Whole Wheat Pita Bread Diced Pears</p>
<p style="text-align: right;">27</p> <p>Beef Teriyaki Brown Rice Green Peas Wheat Bread Applesauce</p>	<p style="text-align: right;">28</p> <p>General Tso's Chicken Rice Asian Vegetables Rye Bread Diced Pears</p>	<p style="text-align: right;">29</p> <p>Gochujang Chicken Lo Mein Noodles Green Beans Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;">30</p> <p>Sweet and Sour Meatballs Brown Rice Broccoli Wheat Bread Pineapple Tidbits</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

We ♥ our
Volunteers

April is National Volunteer Month!

We celebrate YOU all month long.

**From delivering nutritious meals, to
connecting with those we serve - our
mission wouldn't be possible without your
dedication.**

Thank you for all you do!

