

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

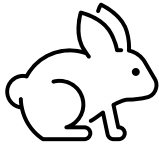

Catered by TRIO Community Meals

Menu subject to change

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#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>Potato Crusted Pollock Whipped Sweet Potatoes Green Peas Wheat Bread Fresh Fruit Lemon Wedge</p>	<p style="text-align: right;">2</p> <p>Chicken with Burgundy Sauce Brown Rice Root Vegetables Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">3</p> <p>Spanish Tilapia Rice Green Beans Whole Wheat Bread Fresh Fruit</p>
<p style="text-align: right;">6</p> <p>Chicken Meatballs with Swedish Sauce Egg Noodles Brussel Sprouts Wheat Bread Mixed Fruit</p>	<p style="text-align: right;">7</p> <p>Garlic Herb Chicken Breast Brown Rice Root Vegetables Whole Wheat Dinner Roll Fresh Fruit</p>	<p style="text-align: right;">8</p> <p>Chicken Souvlaki Seasoned Orzo Spring Summer Vegetables Wheat Bread Applesauce</p>	<p style="text-align: right;">9</p> <p>Chicken Meatballs with Red Pepper Sauce Rice Roman Vegetables Fresh Fruit No Bread</p>	<p style="text-align: right;">10</p> <p>Chicken with Brown Gravy Brown Rice Peas and Carrots Whole Wheat Dinner Roll Diced Pears</p>
<p style="text-align: right;">13</p> <p>Orange Chicken Brown Rice Zucchini Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">14</p> <p>Lemon Herb Chicken Italian Roasted White Potatoes Broccoli and Cauliflower Whole Wheat Dinner Roll Chocolate Chip Cookie</p>	<p style="text-align: right;">15</p> <p>Grilled Chicken Stir Fry Vegetables Fried Rice Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">16</p> <p>Teriyaki Chicken Red Bliss Potatoes Brussel Sprouts Oat Bread Mandarin Oranges</p>	<p style="text-align: right;">17</p> <p>Pollock with Dijon Wine Sauce Couscous Peas and Pearl Onions Wheat Bread Diced Pears</p>
<p style="text-align: right;">20</p> <p>Chicken with Gravy Seasoned Orzo Butternut Squash Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">21</p> <p>Orange Ginger Chicken Breast Brown Rice Broccoli Wheat Bread Pineapple Tidbits</p>	<p style="text-align: right;">22</p> <p>BBQ Chicken Roasted Root Vegetables California Vegetables Wheat Bread Peaches</p>	<p style="text-align: right;">23</p> <p>Broccoli and Cheese Stuffed Chicken Orzo Spring Vegetables Whole Wheat Roll Applesauce</p>	<p style="text-align: right;">24</p> <p>Teriyaki Chicken Meatballs Rice Fiesta Vegetable Blend Wheat Dinner Roll Fresh Fruit</p>
<p style="text-align: right;">27</p> <p>Herbed Chicken Breast Mashed Potatoes Root Vegetables Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">28</p> <p>Chicken Meatball Sub with Red Pepper Sauce Italia Roasted White Potatoes Italian Vegetable Blend Sub Roll Tropical Fruit</p>	<p style="text-align: right;">29</p> <p>Honey Mustard Chicken Breast O'Brien Potatoes Stewed Tomatoes Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">30</p> <p>Potato Crunch Pollock Root Vegetables Roman Vegetables Wheat Bread Fresh Fruit</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!

