





**MEALS ON WHEELS OF RI**  
**HOME DELIVERED MENU – April 2026**  
 Catered by TRIO Community Meals  
 Menu subject to change

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[www.rimeals.org](http://www.rimeals.org)

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><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></p>		<p>1            Potato Crunch Pollock            Whipped Sweet Potatoes            Green Peas            Wheat Bread            Fresh Fruit            Lemon Wedge</p>	<p>2            Beef Burgandy            Garlic Mashed Potatoes            Root Vegetables            Multigrain Bread            Pineapple Tidbits</p>	<p>3            White Bean and Spinach Stew            Green Beans            Wheat Bread            Fresh Fruit</p>
<p>6            Chicken Meatballs with Swedish Sauce            Egg Noodles            Brussel Sprouts            Wheat Bread            Mixed Fruit</p>	<p>7            Garlic Herb Chicken Breast            Baked Beans            Root Vegetables            Whole Wheat Dinner Roll            Peaches</p>	<p>8            Chicken Souvlaki            Seasoned Orzo            Spring Summer Vegetables            Wheat Bread            Applesauce</p>	<p>9            Stuffed Shells with Tomato Sauce            Roman Vegetables            Multigrain Bread            Fresh Fruit</p>	<p>10            Meatloaf with Brown Gravy            Cheddar Mashed Potatoes            Peas and Carrots            Whole Wheat Dinner Roll            Diced Pears</p>
<p>13            Macaroni and Cheese            Zucchini and Tomatoes            Wheat Bread            Mandarin Oranges</p>	<p>14            Garlic Herb Chicken Breast            Baked Beans            Root Vegetables            Whole Wheat Dinner Roll            Peaches</p>	<p>15            Chicken and Vegetables Stir Fry            Fried Rice            Wheat Bread            Fresh Fruit</p>	<p>16            Spinach and Red Pepper Frittata            Red Bliss Potatoes            Brussel Sprouts            Oat Bread            Mandarin Oranges</p>	<p>17            Pollock with Dijon Wine Sauce            Couscous            Peas and Pearl Onions            Wheat Bread            Diced Pears</p>
<p>20            Roasted Turkey with Gravy            Bread Stuffing            Butternut Squash            Wheat Bread            Applesauce</p>	<p>21            Orange Ginger Chicken Breast            Brown Rice            Broccoli            Wheat Bread            Pineapple Tidbits</p>	<p>22            BBQ Chicken            Baked Beans            California Vegetables            Hamburger Bun            Peaches</p>	<p>23            Broccoli and Cheese Stuffed Chicken            Herbed Rice            Spring Vegetables            Chocolate Chip Cookie</p>	<p>24            Black Bean and Barly Chili            Fiesta Vegetable Blend            Wheat Dinner Roll            Fresh Fruit</p>
<p>27            Salisbury Steak with Brown Gravy            Garlic Mashed Potatoes            Root Vegetables            Wheat Bread            Mixed Fruit</p>	<p>28            Chicken Meatball Sub with Tomato Sauce and Provolone Cheese            Italian Roasted White Potatoes            Italian Vegetable Blend            Sub Roll            Tropical Fruit</p>	<p>29            Honey Mustard Chicken Breast            O'Brien Potatoes            Stewed Tomatoes            Wheat Bread            Mandarin Oranges</p>	<p>30            Potato Crunch Pollock            Root Vegetables            Roman Vegetables            Whole Wheat Dinner Roll            Cream Filled Cookies</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!**

