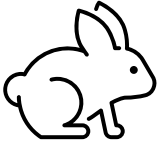





MEALS ON WHEELS OF RI
HOME DELIVERED MENU – April 2026
 Catered by TRIO Community Meals
 Menu subject to change

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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>1</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>2</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>3</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie
<p>6</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>7</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>8</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>9</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>10</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie
<p>13</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>14</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>15</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>16</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>17</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie
<p>20</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>21</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>22</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>23</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>24</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie
<p>27</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>28</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>29</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	<p>30</p> Potato Crunch Pollock Whipped Sweet Potatoes Green Peas with Red Peppers Rye Bread Fig Bar Cookie	

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!

