



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

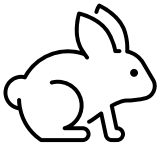
Catered by TRIO Community Meals

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 Crusted Pollock Whipped Sweet Potatoes Green Peas Wheat Bread Fresh Fruit Lemon Wedge Apple Juice	<p>2</p> Chicken with Burgundy Sauce Brown Rice Root Vegetables Wheat Bread Fresh Fruit Cranberry Juice	<p>3</p> Spanish Tilapia Green Beans Whole Wheat Bread Fresh Fruit Apple Juice
<p>6</p> Chicken Meatballs with Swedish Sauce Egg Noodles Brussel Sprouts Whole Wheat Dinner Roll Mixed Fruit Cranberry Juice	<p>7</p> Garlic Herb Chicken Breast Brown Rice Root Vegetables Whole Wheat Dinner Roll Peaches Apple Juice	<p>8</p> Chicken Souvlaki Seasoned Orzo Spring Summer Vegetables Whole Wheat Dinner Roll Applesauce Apple Juice	<p>9</p> Stuffed Shells with Red Pepper Sauce Roman Vegetables Multigrain Bread Fresh Fruit Apple Juice	<p>10</p> Meatloaf with Brown Gravy Buttered Noodles Peas and Carrots Whole Wheat Dinner Roll Diced Pears Apple Juice
<p>13</p> Orange Chicken Brown Rice Zucchini and Tomatoes Whole Wheat Bread Mixed Fruit Cranberry Juice	<p>14</p> Lentil Stew Root Vegetables Broccoli and Cauliflower Whole Wheat Dinner Roll Chocolate Chip Cookie Cranberry Juice	<p>15</p> Grilled Chicken Stir Fry Vegetables Fried Rice Whole Wheat Bread Fresh Fruit Apple Juice	<p>16</p> Spinach and Red Pepper Frittata (3/4 cup) Root Vegetables Brussel Sprouts Wheat Bread Mandarin Oranges Cranberry Juice	<p>17</p> Pollock with Dijon Wine Sauce Couscous Peas and Pearl Onions Whole Wheat Dinner Roll Diced Pears Apple Juice
<p>20</p> Chicken with Gravy Brown Rice Butternut Squash Whole Wheat Dinner Roll Fresh Fruit Apple Juice	<p>21</p> Orange Ginger Chicken Breast Brown Rice Broccoli Whole Wheat Dinner Roll Pineapple Tidbits Apple Juice	<p>22</p> Grilled Chicken Root Vegetables California Vegetables Whole Wheat Dinner Roll Peaches Cranberry Juice	<p>23</p> Broccoli and Cheese Stuffed Chicken Herbed Rice Spring Vegetables Chocolate Chip Cookie Apple Juice	<p>24</p> Teriyaki Chicken Meatballs Rice Fiesta Vegetable Blend Wheat Dinner Roll Fresh Fruit Cranberry Juice
<p>27</p> Herbed Chicken Breast Mashed Potatoes Root Vegetables Wheat Bread Fresh Fruit Cranberry Juice	<p>28</p> Chicken Meatballs with Red Pepper Sauce Peppers and Onions Italian Vegetable Blend Sub Roll Tropical Fruit Apple Juice	<p>29</p> Honey Mustard Chicken Breast O'Brien Potatoes Green Beans Wheat Bread Mandarin Oranges Cranberry Juice	<p>30</p> Potato Crusted Pollock Root Vegetables Roman Vegetables Whole Wheat Dinner Roll Cream Filled Cookies Apple Juice	<p>VOLUNTARY SUGGESTED DONATION: <u>\$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</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!

