





## MEALS ON WHEELS OF RI HOME DELIVERED LATIN MENU – April 2026

Catered by TRIO Community Meals

Menu subject to change

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#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 style="text-align: right;"><b>1</b></p> <p>Citrus Mojo Chicken Rice Green Beans Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;"><b>2</b></p> <p>Beef Taco Meat Brown Rice Fiesta Vegetables Flour Tortilla Pineapple Tidbits Taco Sauce</p>	<p style="text-align: right;"><b>3</b></p> <p>Spanish Omelet Home Fries Peppers and Onions Blueberry Snack Loaf Fresh Seasonal Fruit</p>
<p style="text-align: right;"><b>6</b></p> <p>Carne Molida Black Beans Sliced Carrots Flour Tortilla Mandarin Oranges</p>	<p style="text-align: right;"><b>7</b></p> <p>Cilantro Lime Chicken Brown Rice Plantains Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;"><b>8</b></p> <p>Honey Chimichurri Chicken Rice Fiesta Vegetables Vienna Bread Applesauce</p>	<p style="text-align: right;"><b>9</b></p> <p>Beef Picadillo Tumeric Rice Green Beans Flour Tortilla Applesauce</p>	<p style="text-align: right;"><b>10</b></p> <p>Ancho Lime Pollock Cilantro Lime Rice Plantains Flour Tortilla Mandarin Oranges</p>
<p style="text-align: right;"><b>13</b></p> <p>Citrus Salsa Chicken Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;"><b>14</b></p> <p>Beef Carne Guisado Rice Whole Kernel Corn Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;"><b>15</b></p> <p>Chicken Fricassee Spanish Rice Plantains Wheat Bread Tropical Fruit</p>	<p style="text-align: right;"><b>16</b></p> <p>Picante Chicken Brown Rice Broccoli Flour Tortilla Fresh Seasonal Fruit</p>	<p style="text-align: right;"><b>17</b></p> <p>Stewed Pinto Beans Rice Spinach Flour Tortilla Mandarin Oranges</p>
<p style="text-align: right;"><b>20</b></p> <p>Beef Carne De Asada Brown Rice Mexicali Vegetables Flour Tortilla Applesauce</p>	<p style="text-align: right;"><b>21</b></p> <p>Chicken Sanocho Tumeric Rice Mexican Corn Whole Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;"><b>22</b></p> <p>Pork Carnitas Black Beans Peppers and Onions Flour Tortilla Pineapple Tidbits Picante Sauce</p>	<p style="text-align: right;"><b>23</b></p> <p>Chicken Fajita Spanish Rice Plantains Flour Tortilla Diced Peaches Sour Cream</p>	<p style="text-align: right;"><b>24</b></p> <p>Latino Lentil Stew Brown Rice Fiesta Vegetables Cornbread Diced Pears</p>
<p style="text-align: right;"><b>27</b></p> <p>Beef Chili Baked Potato Whole Kernel Corn Cornbread Muffin Applesauce</p>	<p style="text-align: right;"><b>28</b></p> <p>Chicken Pollo Guisado Rice Plantains Flour Tortilla Diced Pears</p>	<p style="text-align: right;"><b>29</b></p> <p>Citrus Mojo Chicken Rice Green Beans Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;"><b>30</b></p> <p>Beef Taco Meat Brown Rice Fiesta Vegetables Flour Tortilla Pineapple Tidbits Taco Sauce</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!

