






MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – May 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>Chili Garlic Tofu Rice Sliced Carrots Blueberry Snack Loaf Fresh Seasonal Fruit</p>
<p style="text-align: right;">4</p> <p>Sesame Garlic Meatballs Rice Sliced Carrots Wheat Bread Mandarin Oranges</p>	<p style="text-align: right;">5</p> <p>Honey Garlic Chicken Brown Rice Pilaf Asian Vegetables Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;">6</p> <p>Sweet and Sour Chicken Rice Broccoli Vienna Bread Applesauce</p>	<p style="text-align: right;">7</p> <p>Sesame Soy Chicken Lo Mein Noodles Green Beans Whole Grain Dinner Roll Applesauce</p>	<p style="text-align: right;">8</p> <p>Honey Garlic Pollock Brown Rice Asian Vegetables Wheat Bread Fresh Seasonal Fruit</p>
<p style="text-align: right;">11</p> <p>Teriyaki Chicken Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;">12</p> <p>Beef Stir Fry Rice Green Beans Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;">13</p> <p>Honey Ginger Chicken Fried Rice Asian Vegetables Whole Wheat Roll Tropical Fruit</p>	<p style="text-align: right;">14</p> <p>Chili Garlic Chicken Brown Rice Broccoli Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;">15</p> <p>General Tso's Tofu Lo Mein Noodles Spinach Whole Grain Dinner Roll Mandarin Oranges</p>
<p style="text-align: right;">18</p> <p>Thai Basil Beef Brown Rice Broccoli Whole Wheat Roll Applesauce</p>	<p style="text-align: right;">19</p> <p>Sesame Garlic Chicken Vegetable Lo Mein Sliced Carrots Fresh Seasonal Fruit</p>	<p style="text-align: right;">20</p> <p>Sweet and Sour Pork Fried Rice Green Beans Whole Wheat Roll Pineapple Tidbits</p>	<p style="text-align: right;">21</p> <p>Orange Chicken Lo Mein Noodles Japanese Vegetables Whole Wheat Roll Diced Peaches</p>	<p style="text-align: right;">22</p> <p>Curry Lentil Stew Brown Rice Asian Vegetables Whole Wheat Pita Bread Diced Pears</p>
<p style="text-align: center;">CLOSED</p> <p style="text-align: right;">25</p> <p>Beef Teriyaki Brown Rice Green Peas Wheat Bread Applesauce</p>	<p style="text-align: right;">26</p> <p>General Tso's Chicken Rice Asian Vegetables Rye Bread Diced Pears</p>	<p style="text-align: right;">27</p> <p>Gochujang Chicken Lo Mein Noodles Green Beans Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;">28</p> <p>Sweet and Sour Meatballs Brown Rice Broccoli Wheat Bread Pineapple Tidbits</p>	<p style="text-align: right;">29</p> <p>Chili Garlic Tofu Rice Sliced Carrots Blueberry Snack Loaf Fresh Seasonal 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

Celebrating National Older Americans Month!

Each May, we observe Older Americans Month – a time to express appreciation for the contributions of older Americans, and recommit to serving those who have done so much.

2026's theme is **Champion Your Health** – with a focus on wellness, self-advocating, and taking responsibility for ones health. Be sure to take the time to make your health appointments and take the best care of yourself!

**OLDER
AMERICANS
MONTH**



CHAMPION YOUR HEALTH: MAY 2026

Scheduling Notes for May:

- **CLOSED Monday, May 25th 2026** in honor of Memorial Day.
- Statewide Doubles Wednesday, **5/20/26**