



MEALS ON WHEELS OF RI HOME DELIVERED CARDIAC 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>BBQ Chicken Meatballs Rice Peas and Carrots Wheat Bread Diced Pear</p>
<p style="text-align: right;">4</p> <p>Chicken with Lemon Herb Sauce Egg Noodles Tuscany Vegetables Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">5</p> <p>Chicken Meatballs with Steakhouse Sauce Whole Kernel Corn Broccoli Whole Wheat Dinner Roll Applesauce</p>	<p style="text-align: right;">6</p> <p>Sweet and Sour Chicken White Rice Green Beans Wheat Bread Mixed Fruit</p>	<p style="text-align: right;">7</p> <p>Beef Sloppy Joe Sweet Potato Tots Spinach Hamburger Roll Fresh Orange</p>	<p style="text-align: right;">8</p> <p>Fajita Chicken Beans and Rice Peppers and Onions Tortilla Mandarin Oranges</p>
<p style="text-align: right;">11</p> <p>Lemon Herb Chicken Brown Rice Cauliflower Wheat Bread Fig Bar</p>	<p style="text-align: right;">12</p> <p>BBQ Chicken Whipped Sweet Potatoes Jardiniere Vegetables Wheat Bread Pineapple Tidbits</p>	<p style="text-align: right;">13</p> <p>Teriyaki Chicken Rice Italian Green Beans Whole Wheat Roll Fresh Fruit</p>	<p style="text-align: right;">14</p> <p>Chicken Meatballs with Burgundy Sauce Egg Noodles Fiesta Vegetables Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">15</p> <p>Creole Chicken Brown Rice Broccoli Whole Wheat Roll Mandarin Oranges</p>
<p style="text-align: right;">18</p> <p>Pollock with Scampi Sauce Cous Cous Riviera Vegetables Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">19</p> <p>Orange Ginger Chicken Meatballs Brown Rice Green Peas with Onions Fresh Fruit</p>	<p style="text-align: right;">20</p> <p>Lemon Chicken with Peas Brown Rice Spring Vegetables Wheat Bread Tropical Fruit</p>	<p style="text-align: right;">21</p> <p>Lentil Stew Mozzarella Cheese Root Vegetables Wheat Bread</p>	<p style="text-align: right;">22</p> <p>Chicken Meatballs with Red Pepper Sauce Brown Rice California Vegetables Wheat Bread Fresh Fruit</p>
<p style="text-align: center;">CLOSED 25</p> <p>Chicken with Rosemary Balsamic Sauce Italian Roasted Red Potatoes Green Beans Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">26</p> <p>Turkey Burger Corn O'Brien Carrots Whole Wheat Dinner Roll Tropical Fruit</p>	<p style="text-align: right;">27</p> <p>Potato Crusted Pollock Roasted Sweet Potatoes Broccoli and Cauliflower Multigrain Bread</p>	<p style="text-align: right;">28</p> <p>Chicken Meatballs with Tomato Basil Wine Sauce Penne Pasta Italian Vegetables Wheat Bread Fresh Orange</p>	<p style="text-align: right;">29</p> <p>Turkey Sausage Links Home Fries Peppers and Onions Wheat Bread Fresh 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!



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**