






MEALS ON WHEELS OF RI
HOME DELIVERED 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>1</p> Pot Roast with Gravy Mashed Potatoes Peas and Carrots Wheat Bread Diced Pears
4 Chicken with Lemon Herb Sauce Egg Noodles Tuscany Vegetables Multigrain Bread Fresh Fruit	5 Chicken Meatballs with Steakhouse Sauce Whipped Potatoes Broccoli Whole Wheat Dinner Roll Applesauce	6 Sweet and Sour Chicken White Rice Green Beans Multigrain Bread Mixed Fruit	7 Beef Sloppy Joe Sweet Potato Tots Spinach Hamburger Roll Fresh Orange	8 Tuscan Turkey Orzo Casserole Beets Oat Bread Mixed Fruit
11 Mixed Bean Stew Cauliflower Wheat Bread Fig Bar	12 Honey Mustard Chicken Whipped Sweet Potatoes Jardiniere Vegetables Multigrain Bread Pineapple Tidbits	13 Cheese Lasagna Roll with Tomato Sauce Italian Green Beans Multigrain Bread Peaches	14 Chicken Meatballs with Burgundy Sauce Buttered Noodles Fiesta Vegetables Wheat Bread Brownie	15 Crustless Turkey Pot Pie Mashed Potatoes Buttermilk Biscuits Mandarin Oranges
18 Pollock with Scampi Sauce Cous Cous Riviera Vegetables Rye Bread Fresh Fruit	19 Unstuffed Pepper Casserole Peas and Pearl Onions Wheat Bread Fresh Fruit	20 Chicken Breast with Lemon Pea Sauce Brown Rice Spring and Summer Vegetables Whole Wheat Dinner Roll Tropical Fruit	21 Lentil Stew Root Vegetables Oat Bread Mandarin Oranges	22 Stuffed Shells with Tomato Sauce Seasoned Orzo California Vegetables Wheat Bread Fresh Fruit
CLOSED 25 Chicken with Rosemary Balsamic Sauce Italian Roasted Red Potatoes Green Beans Multigrain Bread Chocolate Chip Cookie	26 Turkey Burger Corn O'Brien Carrots Hamburger Bun Tropical Fruit	27 Potato Crusted Pollock Roasted Sweet Potatoes Broccoli and Cauliflower Multigrain Bread Oatmeal Raisin Cookie	28 Chicken Meatballs with Tomato Basil Wine Sauce Penne Pasta Italian Vegetables Whole Wheat Dinner Roll Fresh Orange	29 Broccoli Egg Bake Home Fries Stewed Tomatoes Rye Bread Applesauce

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**