



**MEALS ON WHEELS OF RI**  
**HOME DELIVERED ASIAN MENU – June 2026**

*Catered by TRIO Community Meals*  
*Menu subject to change*

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Sesame Garlic Meatballs Rice Sliced Carrots Wheat Bread Mandarin Oranges	<b>2</b> Honey Garlic Chicken Brown Rice Pilaf Asian Vegetables Wheat Bread Fresh Seasonal Fruit	<b>3</b> Sweet and Sour Chicken Rice Broccoli Vienna Bread Applesauce	<b>4</b> Sesame Soy Chicken Lo Mein Noodles Green Beans Whole Wheat Dinner Roll Applesauce	<b>5</b> Honey Garlic Pollock Brown Rice Asian Vegetables Wheat Bread Fresh Seasonal Fruit
<b>8</b> Chicken Teriyaki Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit	<b>9</b> Beef Stir Fry Rice Green Beans Wheat Bread Fresh Seasonal Fruit	<b>10</b> Honey Ginger Chicken Fried Rice Asian Vegetables Whole Wheat Dinner Roll Tropical Fruit	<b>11</b> Chili Garlic Chicken Brown Rice Broccoli Wheat Bread Fresh Seasonal Fruit	<b>12</b> General Tso's Tofu Lo Mein Noodles Spinach Whole Wheat Dinner Roll Mandarin Oranges
<b>15</b> Thai Basil Beef Brown Rice Broccoli Whole Wheat Dinner Roll Applesauce	<b>16</b> Sesame Garlic Chicken Vegetable Lo Mein Sliced Carrots Fresh Seasonal Fruit	<b>17</b> Sweet and Sour Pork Fried Rice Green Beans Whole Wheat Dinner Roll Pineapple Tidbits	<b>18</b> Orange Chicken Lo Mein Noodles Japanese Vegetables Whole Wheat Dinner Roll Diced Peaches	<b>19</b> <b>Closed</b> Curry Lentil Stew Brown Rice Asian Vegetables Whole Wheat Pita Bread Diced Pears
<b>22</b> Beef Teriyaki Brown Rice Green Peas Wheat Bread Applesauce	<b>23</b> General Tso's Chicken Rice Asian Vegetables Rye Bread Diced Pears	<b>24</b> Gochujang Chicken Lo Mein Noodles Green Beans Wheat Bread Fresh Seasonal Fruit	<b>25</b> Sweet and Sour Meatballs Brown Rice Broccoli Wheat Bread Pineapple Tidbits	<b>26</b> Chili Garlic Tofu Rice Sliced Carrots Blueberry Snack Loaf Fresh Seasonal Fruit
<b>29</b> Sesame Garlic Meatballs Rice Sliced Carrots Wheat Bread Mandarin Oranges	<b>30</b> Honey Garlic Chicken Brown Rice Pilaf Asian Vegetables Wheat Bread Fresh Seasonal Fruit			<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>

**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

### Tips for Staying Safe this Summer:

- Wear lightweight, loose fitted clothing in light colors
- Use sunscreen before going out in the sun, and reapply periodically!
- Take baths or showers with cool water
- Try to avoid the middle of the day sun by scheduling outdoor activities earlier or later in the day
- Rehydrate! Drink lots of water!
- Limit physical activity
- Pay attention to your body's signals and always reach out for help when needed.

### June Schedule:

- Our office will be closed on Friday, June 19<sup>th</sup> in observance of Juneteenth.
- Double meals will be delivered on Wednesday, June 17<sup>th</sup>.

### Advocacy in Action

Did you know that you can support our advocacy work? Your voice matters!

Scan the QR code, or enter the URL into your browser to see everything we're working on, templates for reaching out to your local officials, and so much more!



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<https://www.rimeals.org/programs/advocacy/>