



MEALS ON WHEELS OF RI HOME DELIVERED CARDIAC MENU – June 2026

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| 1 Honey Garlic Chicken Meatballs Orzo Carrots Wheat Bread Pineapple Tidbits | 2 BBQ Chicken Green Peas Cauliflower Wheat Bread Applesauce | 3 Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit | 4 Chicken Meatballs with Gravy Ziti Pasta Riviera Vegetables Wheat Bread Peaches | 5 Teriyaki Chicken Rice Broccoli Wheat Bread Fresh Fruit |
| 8 Lemon Herb Chicken Rice Spinach Wheat Bread Mandarin Oranges | 9 Sweet and Sour Chicken Meatballs Lo Mein Noodles Broccoli Wheat Bread Cinnamon Graham Crackers | 10 Beef Chili Brown Rice Zucchini and Cauliflower Whole Wheat Dinner Roll Pears | 11 Chicken Diane Seasoned Orzo California Vegetables Oatmeal Bread Fresh Fruit | 12 Chicken with Gravy Rice Root Vegetables Wheat Bread Fresh Fruit |
| 15 Pollock with Newburg Sauce Herbed Brown Rice Roman Vegetables Wheat Bread Applesauce | 16 Turkey Sausage O'Brien Potatoes Peppers and Onions Wheat Bread Fresh Orange | 17 Chicken Meatballs with Au Jus Penne Pasta Tuscany Vegetables Wheat Bread Diced Peaches | 18 Grilled Chicken Roasted Sweet Potatoes Green Beans Wheat Bread Tropical Fruit | 19 Closed Turkey Burger Potato Wedges Italian Vegetables Hamburger Bun Fresh Fruit |
| 22 Honey Garlic Chicken Breast Rice Green Beans Whole Wheat Dinner Roll Fresh Fruit | 23 Lemon Scarpariello Chicken Ziti Pasta Broccoli and Cauliflower Wheat Bread Diced Pears | 24 Potato Crusted Pollock Whipped Sweet Potatoes Peas Wheat Bread Mandarin Oranges | 25 BBQ Chicken Seasoned Orzo Root Vegetables Whole Wheat Dinner Roll Fresh Fruit | 26 Chicken Meatballs with Swedish Sauce Egg Noodles Brussel Sprouts Wheat Bread Mixed Fruit |
| 29 Chicken Stew Green Beans Wheat Bread Fresh Fruit | 30 Chicken with Gravy Brown Rice Root Vegetables Whole Wheat Dinner Roll Fresh Fruit | | | 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 |

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 19th in observance of Juneteenth.
- Double meals will be delivered on Wednesday, June 17th.

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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