



MEALS ON WHEELS OF RI
HOME DELIVERED MENU – June 2026
 Catered by TRIO Community Meals
 Menu subject to change

Follow us on
 Facebook, Twitter & Instagram
www.rimeals.org

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Pot Roast with Gravy Mashed Potatoes Carrots Wheat Bread Pineapple Tidbits	2 Mixed Bean and Vegetable Stew Cauliflower Wheat Bread Brownie	3 Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit	4 Sesame Garlic Chicken Brown Rice Riviera Vegetables Multigrain Bread Peaches	5 American Chop Suey Broccoli Multigrain Bread Vanilla Pudding
8 Chicken and Rice Casserole Spinach Garlic Knot Mandarin Oranges	9 Sweet and Sour Chicken Meatballs Lo Mein Noodles Broccoli Wheat Bread Butterscotch Pudding	10 Beef Chili Brown Rice Zucchini and Cauliflower Whole Wheat Dinner Roll Pears	11 Chicken Diane Seasoned Orzo California Vegetables Oat Bread Cupcake	12 Roasted Turkey with Gravy Mashed Potatoes Root Vegetables Wheat Bread Fresh Fruit
15 Pollock with Newburg Sauce Herbed Brown Rice Roman Vegetables Wheat Bread Applesauce	16 Cheese Omelet with Turkey Sausage O'Brien Potatoes Stewed Tomatoes Wheat Bread Fresh Orange	17 Lasagna Roll with Tomato Sauce Tuscany Vegetables Garlic Dinner Roll Diced Peaches	18 Apple Glazed Chicken Breast Roasted Sweet Potatoes Green Beans Multigrain 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 Diced Peaches	23 Lemon Scarpiello Chicken Ziti Pasta Broccoli and Cauliflower Multigrain Bread Diced Pears	24 Potato Crusted Pollock Whipped Sweet Potatoes Peas Rye Bread Mandarin Oranges	25 Beef Burgandy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Fresh Fruit	26 Chicken Meatballs with Swedish Sauce Egg Noodles Brussel Sprouts Wheat Bread Mixed Fruit
29 White Bean and Spinach Stew Carrots Whole Wheat Bread Fresh Fruit	30 Maple Mustard Chicken Baked Beans Root Vegetables Whole Wheat Dinner Roll Peaches			<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>

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!



Visit our website to learn more:

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