



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

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Carne Molida Black Beans Sliced Carrots Flour Tortilla Mandarin Oranges	2 Cilantro Lime Chicken Brown Rice Plantains Wheat Bread Fresh Seasonal Fruit	3 Honey Chimichurri Chicken Rice Fiesta Vegetables Vienna Bread Applesauce	4 Beef Picadillo Tumeric Rice Green Beans Flour Tortilla Applesauce	5 Ancho Lime Pollock Cilantro Lime Rice Plantains Flour Tortilla Fresh Seasonal Fruit
8 Citrus Salsa Chicken Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit	9 Beef Carne Guisado Rice Whole Kernel Corn Wheat Bread Fresh Seasonal Fruit	10 Chicken Fricassee Spanish Rice Plantains Wheat Bread Tropical Fruit	11 Picante Chicken Brown Rice Broccoli Flour Tortilla Fresh Seasonal Fruit	12 Stewed Pinto Beans Rice Spinach Flour Tortilla Mandarin Oranges
15 Beef Carne de Asada Brown Rice Mexicali Vegetables Flour Tortilla Applesauce	16 Chicken Sanocho Tumeric Rice Mexican Corn Whole Wheat Bread Fresh Seasonal Fruit	17 Pork Carnitas Black Beans Peppers and Onions Flour Tortilla Pineapple Tidbits Picante Sauce	18 Chicken Fajita Spanish Rice Plantains Flour Tortilla Diced Peaches Sour Cream	19 Closed Latino Lentil Stew Brown Rice Fiesta Vegetables Cornbread Diced Pears
22 Beef Chili Bake Potato Whole Kernel Corn Cornbread Muffin Applesauce	23 Chicken Pollo Guisado Rice Plantains Flour Tortilla Diced Pears	24 Citrus Mojo Chicken Rice Green Beans Wheat Bread Fresh Seasonal Fruit	25 Beef Taco Meat Brown Rice Fiesta Vegetables Flour Tortilla Pineapple Tidbits Taco Sauce	26 Spanish Omelet Home Fries Peppers and Onions Blueberry Snack Loaf Fresh Seasonal Fruit
29 Carne Molida Black Beans Sliced Carrots Flour Tortilla Mandarin Oranges	30 Cilantro Lime Chicken Brown Rice Plantains Wheat Bread Fresh Seasonal 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!

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