




MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – July 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> <p>Sweet and Sour Chicken Rice Broccoli Vienna Bread Applesauce</p>	<p>2</p> <p>Sesame Soy Chicken Lo Mein Noodles Green Beans Whole Wheat Dinner Roll Applesauce</p>	<p>(Closed)</p> <p>3</p> <p>Honey Garlic Pollock Brown Rice Asian Vegetables Wheat Bread Fresh Seasonal Fruit</p>
<p>6</p> <p>Chicken Teriyaki Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit</p>	<p>7</p> <p>Beef Stir Fry Rice Green Beans Wheat Bread Fresh Seasonal Fruit</p>	<p>8</p> <p>Honey Ginger Chicken Fried Rice Asian Vegetables Whole Wheat Dinner Roll Tropical Fruit</p>	<p>9</p> <p>Chili Garlic Chicken Brown Rice Broccoli Wheat Bread Fresh Seasonal Fruit</p>	<p>10</p> <p>General Tso's Tofu Lo Mein Noodles Spinach Whole Wheat Dinner Roll Mandarin Oranges</p>
<p>13</p> <p>Thai Basil Beef Brown Rice Broccoli Whole Wheat Dinner Roll Applesauce</p>	<p>14</p> <p>Sesame Garlic Chicken Vegetables Lo Mein Sliced Carrots Fresh Seasonal Fruit</p>	<p>15</p> <p>Sweet and Sour Pork Fried Rice Green Beans Whole Wheat Dinner Roll Pineapple Tidbits</p>	<p>16</p> <p>Orange Chicken Lo Mein Noodles Japanese Vegetables Whole Wheat Dinner Roll Diced Peaches</p>	<p>17</p> <p>Curry Lentil Stew Brown Rice Asian Vegetables Whole Wheat Pita Bread Diced Pears</p>
<p>20</p> <p>Beef Teriyaki Brown Rice Green Peas Wheat Bread Applesauce</p>	<p>21</p> <p>General Tso's Chicken Rice Asian Vegetables Rye Bread Diced Pears</p>	<p>22</p> <p>Gochujang Chicken Lo Mein Noodles Green Beans Wheat Bread Fresh Seasonal Fruit</p>	<p>23</p> <p>Sweet and Sour Meatballs Brown Rice Broccoli Wheat Bread Pineapple Tidbits</p>	<p>24</p> <p>Chili Garlic Tofu Rice Sliced Carrots Blueberry Snack Loaf Fresh Seasonal Fruit</p>
<p>27</p> <p>Sesame Garlic Meatballs Rice Sliced Carrots Wheat Bread Mandarin Oranges</p>	<p>28</p> <p>Honey Garlic Chicken Brown Rice Pilaf Asian Vegetables Wheat Bread Fresh Seasonal Fruit</p>	<p>29</p> <p>Sweet and Sour Chicken Rice Broccoli Vienna Bread Applesauce</p>	<p>30</p> <p>Sesame Soy Chicken Lo Mein Noodles Green Beans Whole Wheat Dinner Roll Applesauce</p>	<p>31</p> <p>Honey Garlic Pollock Brown Rice Asian Vegetables Wheat Bread Fresh Seasonal Fruit</p>

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



Happy
4th of July

July Schedule Updates:

- Our office will be closed on Friday, July 3rd in observance of Independence Day.
- Double meals will be delivered on Wednesday, June 1st.

Friendly Reminders:

- Please remember to call MOWRI and report if you will not be home to receive your delivery on any particular day!
- It is helpful for the volunteers, and it provides information if we are unable to deliver.