




MEALS ON WHEELS OF RI HOME DELIVERED CARDIAC 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>	1	2	3 (Closed)			
Chicken Souvlaki Rice Spring Summer Vegetables Wheat Bread Tropical Fruit	Stuffed Shells with Tomato Sauce Roman Vegetables Multigrain Bread Fresh Fruit	Cilantro Lime Chicken Corn Carrots Wheat Bread Mixed Fruit	Spanish Tilapia Rice Butternut Squash Wheat Bread Fresh Fruit	Lentil Stew with Mozzarella Cheese Italian Roasted White Potatoes Broccoli and Cauliflower Saltine Crackers	Diced Chicken Rice Stir Fry Vegetables Wheat Bread Fresh Fruit	Lemon Herb Chicken Breast Red Bliss Potatoes Brussel Sprouts Oat Bread Mandarin Oranges	Pollock with Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Fresh Fruit
6	7	8	9	10			
Chicken Breast with Gravy Rice Butternut Squash Wheat Bread Fresh Fruit	Lemon Herb Chicken Breast Rice Green Beans Whole Wheat Bread Fresh Fruit	Turkey Burger Corn California Vegetables Whole Grain Hamburger Bun Peaches	Dilled Chicken Orzo Riviera Vegetables Whole Wheat Bread Fresh Fruit	Teriyaki Chicken Meatballs Rice Fiesta Vegetables Blend Wheat Dinner Roll Fresh Fruit			
13	14	15	16	17			
Herbed Chicken Breast Brown Rice Root Vegetables Wheat Bread Fresh Fruit	Chicken Meatball Sub with Red Pepper Sauce Italian Roasted White Potatoes Italian Vegetable Blend Sub Roll Tropical Fruit	Grilled Chicken Breast O'Brien Potatoes Green Beans Whole Wheat Bread Mandarin Oranges	Potato Crusted Pollock Root Vegetables Roman Vegetables Whole Wheat Dinner Roll Fresh Fruit	Chicken Meatballs Brown Rice Peas and Carrots Wheat Bread Diced Pears			
20	21	22	23	24			
Chicken with Lemon Herb Sauce Egg Noodles Tuscany Vegetables Whole Wheat Bread Fresh Fruit	Chicken Meatballs with Steakhouse Sauce Rice Broccoli Whole Wheat Dinner Roll Applesauce	Sweet and Sour Chicken White Rice Green Beans Whole Wheat Bread Fresh Fruit	Beef Sloppy Joe Sweet Potato Tots Spinach Hamburger Roll Fresh Orange	Grilled Chicken Rice and Beans Corn Flour Tortilla Fresh Fruit			
27	28	29	30	31			

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.