




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

Follow us on  
 Facebook, Twitter & Instagram  
[www.rimeals.org](http://www.rimeals.org)

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
	<p><b>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 &amp; well-being, coolers are not allowed</b></p>	<b>1</b>	<b>2</b>	<b>3</b> <b>(Closed)</b>					
<p>Chicken Souvlaki          Rice          Spring Summer Vegetables          Wheat Bread          Tropical Fruit</p>	<p>Stuffed Shells with Tomato Sauce          Roman Vegetables          Multigrain Bread          Fresh Fruit</p>	<p>Cilantro Lime Chicken          Corn          Carrots          Wheat Bread          Mixed Fruit</p>	<p>Macaroni and Cheese          Brown Rice          Zucchini and Tomatoes          Wheat Bread          Mandarin Oranges</p>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	
<p>Lentil Stew          Italian Roasted White Potatoes          Broccoli and Cauliflower          Whole Wheat Dinner Roll          Chocolate Chip Cookie</p>	<p>Chicken and Vegetable Stir Fry          Fried Rice          Zucchini and Cauliflower          Wheat Bread          Fresh Fruit</p>	<p>Spinach and Red Pepper Frittata          Red Bliss Potatoes          Brussel Sprouts          Oat Bread          Mandarin Oranges</p>	<p>Pollock with Dijon Wine Sauce          Cous Cous          Peas and Pearl Onions          Wheat Bread          Diced Pears</p>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	
<p>Roasted Turkey Breast with Gravy          Whole Wheat Dinner Roll          Bread Stuffing          Butternut Squash          Wheat Bread          Applesauce</p>	<p>Baked Ziti          Green Beans          Garlic Knot          Mixed Fruit</p>	<p>All Beef Hot Dog          Corn          California Vegetables          Hot Dog Bun          Peaches          Ketchup</p>	<p>Creamy Sundried Tomato Chicken          Orzo          Riviera Vegetables          Multigrain Bread          Oatmeal Raisin Cookie</p>	<p>Black Bean and Barley Chili          Fiesta Vegetable Blend          Wheat Dinner Roll          Fresh Fruit</p>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p>Salisbury Steak with Brown Gravy          Garlic Mashed Potatoes          Root Vegetables          Wheat Bread          Mixed Fruit</p>	<p>Chicken Meatball Sub with Tomato Sauce and Provolone Cheese          Italian Roasted White Potatoes          Italian Vegetable Blend          Sub Roll          Tropical Fruit</p>	<p>Honey Mustard Chicken Breast          O'Brien Potatoes          Stewed Tomatoes          Wheat Bread          Mandarin Oranges</p>	<p>Potato Crusted Pollock          Root Vegetables          Roman Vegetables          Whole Wheat Dinner Roll          Cream Filled Cookies</p>	<p>Pot Roast with Gravy          Mashed Potatoes          Peas and Carrots          Wheat Bread          Diced Pears</p>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<p>Chicken with Lemon Herb Sauce          Egg Noodles Tuscany Vegetables          Multigrain Bread          Fresh Fruit</p>	<p>Chicken Meatballs with Steakhouse Sauce          Whipped Potatoes          Broccoli          Whole Wheat Dinner Roll          Applesauce</p>	<p>Sweet and Sour Chicken          White Rice          Green Beans          Multigrain Bread          Mixed Fruit</p>	<p>Beef Sloppy Joe          Sweet Potato Tots          Spinach          Hamburger Roll          Fresh Orange</p>	<p>Chicken Fajitas          Rice and Beans          Corn          Flour Tortilla          Diced Pears</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



Happy  
4<sup>th</sup> 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.