




MEALS ON WHEELS OF RI HOME DELIVERED LATIN 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)	
<p>Honey Chimichurri Chicken Rice Fiesta Vegetables Vienna Bread Applesauce</p>	<p>Beef Picadillo Tumeric Rice Green Beans Flour Tortilla Applesauce</p>	<p>Ancho Lime Pollock Cilantro Lime Rice Plantains Flour Tortilla Fresh Seasonal Fruit</p>	<p>Citrus Salsa Chicken Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit</p>	<p>Beef Carne Guisado Rice Whole Kernel Corn Wheat Bread Fresh Seasonal Fruit</p>	
6	7	8	9	10	
<p>Chicken Fricassee Spanish Rice Plantains Wheat Bread Tropical Fruit</p>	<p>Picante Chicken Brown Rice Broccoli Flour Tortilla Fresh Seasonal Fruit</p>	<p>Stewed Pinto Beans Rice Spinach Flour Tortilla Mandarin Oranges</p>	<p>Beef Carne de Asada Brown Rice Mexicali Vegetables Flour Tortilla Applesauce</p>	<p>Chicken Sanocho Tumeric Rice Mexican Corn Whole Wheat Bread Fresh Seasonal Fruit</p>	
13	14	15	16	17	
<p>Pork Carnitas Black Beans Peppers and Onions Flour Tortilla Pineapple Tidbits Picante Sauce</p>	<p>Chicken Fajita Spanish Rice Plantains Flour Tortilla Diced Peaches Sour Cream</p>	<p>Latino Lentil Stew Brown Rice Fiesta Vegetables Cornbread Diced Pears</p>	<p>Beef Chili Baked Potato Whole Kernel Corn Cornbread Muffin Applesauce</p>	<p>Chicken Pollo Guisado Rice Plantains Flour Tortilla Diced Pears</p>	
20	21	22	23	24	
<p>Citrus Mojo Chicken Rice Green Beans Wheat Bread Fresh Seasonal Fruit</p>	<p>Beef Taco Meat Brown Rice Fiesta Vegetables Flour Tortilla Pineapple Tidbits Taco Sauce</p>	<p>Spanish Omelet Home Fries Peppers and Onions Blueberry Snack Loaf Fresh Seasonal Fruit</p>	<p>Carne Molida Black Beans Sliced Carrots Flour Tortilla Mandarin Oranges</p>	<p>Cilantro Lime Chicken Brown Rice Plantains Wheat Bread Fresh Seasonal Fruit</p>	
27	28	29	30	31	
<p>Honey Chimichurri Chicken Rice Fiesta Vegetables Vienna Bread Applesauce</p>	<p>Beef Picadillo Tumeric Rice Greejn Beans Flour Tortilla Applesauce</p>	<p>Ancho Lime Pollock Cilantro Lime Rice Plantains Flour Tortilla Fresh Seasonal Fruit</p>	<td> </td> <td> </td>		

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.