




MEALS ON WHEELS OF RI HOME DELIVERED RENAL MENU – July 2026

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*Catered by TRIO Community Meals
Menu subject to change*

#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>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 Zucchini and Tomatoes Wheat Bread Fresh Fruit Apple Juice</p>	6
<p>Lentil Stew Rice Broccoli and Cauliflower Whole Wheat Dinner Roll Chocolate Chip Cookie Cranberry Juice</p>	7	<p>Diced Chicken Rice Stir Fry Vegetables Wheat Bread Fresh Fruit Apple Juice</p>	8	9
<p>Spinach and Red Pepper Frittata Red Bliss Potatoes Brussel Sprouts Wheat Bread Mandarin Oranges Cranberry Juice</p>	<p>Pollock with Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Diced Pears Apple Juice</p>	10	<p>Chicken Breast with Gravy Rice Butternut Squash Wheat Bread Fresh Fruit Cranberry Juice</p>	13
<p>Baked Ziti Green Beans Garlic Knot Mixed Fruit Apple Juice</p>	14	<p>Turkey Burger Corn California Vegetables Fresh Fruit Cranberry Juice</p>	15	16
<p>Chicken with Dill Sauce Rice Riviera Vegetables Whole Wheat Bread Fresh Fruit</p>	<p>Teriyaki Chicken Meatballs Rice Fiesta Vegetable Blend Whole Wheat Dinner Roll Fresh Fruit Cranberry Juice</p>	17	<p>Salisbury Steak Brown Rice Root Vegetables Wheat Bread Mixed Fruit Apple Juice</p>	20
<p>Chicken Meatball Sub with Tomato Sauce Italian Roasted White Potatoes Italian Vegetable Blend Sub Roll Tropical Fruit Cranberry Juice</p>	21	<p>Grilled Chicken Breast O'Brien Potatoes Green Beans Whole Wheat Bread Mandarin Oranges Apple Juice</p>	22	23
<p>Potato Crunch Pollock Root Vegetables Roman Vegetables Whole Wheat Dinner Roll Cream Filled Cookies Cranberry Juice</p>	<p>Chicken Meatballs Brown Rice Peas and Carrots Wheat Bread Diced Pears Apple Juice</p>	24	<p>Chicken with Lemon Herb Sauce Egg Noodles Tuscany Vegetables Whole Wheat Bread Fresh Fruit Cranberry Juice</p>	27
<p>Chicken Meatballs with Steakhouse Sauce Rice Broccoli Whole Wheat Dinner Roll Applesauce Apple Juice</p>	28	<p>Sweet and Sour Chicken White Rice Green Beans Whole Wheat Bread Fresh Fruit Cranberry Juice</p>	29	30
<p>Beef Sloppy Joe Sweet Potato Tots Mixed Vegetables Hamburger Roll Applesauce Cranberry Juice</p>	<p>Chicken Fajitas Brown Rice Corn Flour Tortilla Fresh Fruit Apple Juice</p>	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.