



MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – August 2026

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Teriyaki Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit	4 Beef Stir Fry Rice Green Beans Wheat Bread Fresh Seasonal Fruit	5 Honey Ginger Chicken Fried Rice Asian Vegetables Whole Wheat Roll Tropical Fruit	6 Chili Garlic Chicken Brown Rice Broccoli Wheat Bread Fresh Seasonal Fruit	7 General Tso's Tofu Lo Mein Noodles Spinach Whole Grain Dinner Roll Mandarin Oranges
10 Thai Basil Beef Brown Rice Broccoli Whole Wheat Roll Applesauce	11 Sesame Garlic Chicken Vegetable Lo Mein Sliced Carrots Fresh Seasonal Fruit	12 Sweet and Sour Pork Fried Rice Green Beans Whole Wheat Roll Pineapple Tidbits	13 Orange Chicken Lo Mein Noodles Japanese Vegetables Whole Wheat Roll Diced Peaches	14 Curry Lentil Stew Brown Rice Asian Vegetables Whole Wheat Pita Bread Diced Pears
17 Beef Teriyaki Brown Rice Green Beans Wheat Bread Applesauce	18 General Tso's Chicken Rice Asian Vegetables Rye Bread Diced Pears	19 Gohujang Chicken Lo Mein Noodles Green Beans Wheat Bread Fresh Seasonal Fruit	20 Sweet and Sour Meatballs Brown Rice Broccoli Wheat Bread Pineapple Tidbits	21 Chili Garlic Tofu Rice Sliced Carrots Blueberry Snack Loaf Fresh Seasonal Fruit
24 Sesame Garlic Meatballs Rice Sliced Carrots Wheat Bread Mandarin Oranges	25 Honey Garlic Chicken Brown Rice Pilaf Asian Vegetables Wheat Bread Fresh Seasonal Fruit	26 Sweet and Sour Chicken Rice Broccoli Vienna Bread Applesauce	27 Sesame Soy Chicken Lo Mein Noodles Green Beans Whole Grain Dinner Roll Applesauce	28 Honey Garlic Pollock Brown Rice Asian Vegetables Wheat Bread Fresh Seasonal Fruit
31 Chicken Teriyaki Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit	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			

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



August Reminders

MOWRI is closed:

Monday, August 10th.

Double meals will be delivered:

Wednesday, August 5th!

Keep an eye out for our annual client surveys, which are in the process of being distributed! We want to hear your feedback.

