

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

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey Burger Cauliflower Whole Wheat Hamburger Bun Tropical Fruit	4 Grilled Chicken Whipped Sweet Potatoes Jardiniere Vegetables Wheat Bread Fresh Fruit	5 Teriyaki Chicken Rice Italian Green Beans Whole Wheat Bread Fresh Fruit	6 Chicken Meatballs with Burgundy Sauce Buttered Noodles Fiesta Vegetables Wheat Bread	7 Apple Glazed Chicken Breast Rice Peas and Carrots Wheat Bread
10 Diced Chicken with Scampi Sauce Riviera Vegetables Wheat Bread Fresh Fruit	11 Orange Ginger Chicken Meatballs Rice Peas and Pearl Onions Wheat Bread Fresh Fruit	12 Chicken Breast with Lemon Pea Sauce Brown Rice Spring and Summer Vegetables Carrots Whole Wheat Dinner Roll	13 Grilled Chicken Roasted Sweet Potatoes Coleslaw Hamburger Bun Fresh Fruit	14 Sweet and Sour Chicken Rice California Vegetables Wheat Bread Fresh Fruit
17 Chicken with Rosemary Balsamic Sauce Italian Roasted Red Potatoes Green Beans Wheat Bread	18 Chicken Marsala Orzo Green Beans with Red Peppers Wheat Bread Fresh Fruit	19 Potato Crusted Pollock Roasted Sweet Potatoes Broccoli and Cauliflower Multigrain Bread	20 Chicken Meatballs with Garlic Herb Sauce Penne Pasta Italian Vegetables Whole Wheat Dinner Roll Fresh Orange	21 Turkey Sausage Home Fries Peppers and Onions Wheat Bread Applesauce
24 Honey Garlic Chicken Meatballs Carrots Wheat Bread	25 Spanish Tilapia Rice Cauliflower Wheat Roll Tropical Fruit	26 Grilled Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit	27 Sesame Garlic Grilled Chicken Riviera Vegetables Whole Wheat Bread Fresh Fruit	28 Teriyaki Chicken Rice Broccoli Wheat Bread Fresh Fruit
31 Lemon Herb Chicken Rice Spinach Garlic Knot Fresh 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			
				

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.

