

MEALS ON WHEELS OF RI HOME DELIVERED MENU – August 2026

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mixed Bean Stew Cauliflower Wheat Bread Fig Bar	4 Honey Mustard Chicken Whipped Sweet Potatoes Jardiniere Vegetables Multigrain Bread Pineapple Tidbits	5 Teriyaki Chicken Rice Italian Green Beans Multigrain Bread Peaches	6 Chicken Meatballs with Burgundy Sauce Buttered Noodles Fiesta Vegetables Wheat Bread Brownie	7 Crustless Turkey Pot Pie Mashed Potatoes Buttermilk Biscuit Mandarin Oranges
10 Chicken with Scampi Sauce Rice Riviera Vegetables Rye Bread Fresh Fruit	11 Unstuffed Pepper Casserole Peas and Pearl Onions Wheat Bread Fresh Fruit	12 Chicken Breast with Lemon Pea Sauce Brown Rice Spring and Summer Vegetables Whole Wheat Dinner Roll Tropical Fruit	13 Breaded Chicken with Honey Mustard Sauce Roasted Sweet Potatoes Coleslaw Hamburger Bun Hot Cinnamon Apples	14 Stuffed Shells with Tomato Sauce California Vegetables Wheat Bread Fresh Fruit
17 Chicken with Rosemary Balsamic Sauce Italian Roasted Potatoes Green Beans Multigrain Bread Chocolate Chip Cookie	18 Chicken Marsala Orzo Green Beans with Red Peppers Wheat Bread Pears	19 Potato Crusted Pollock Roasted Sweet Potatoes Broccoli and Cauliflower Multigrain Bread Oatmeal Raisin Cookie	20 Chicken Meatballs with Tomato Basil Wine Sauce Penne Pasta Italian Vegetables Whole Wheat Dinner Roll Fresh Orange	21 Broccoli Egg Bake Home Fries Stewed Tomatoes Rye Bread Applesauce
24 Beef Pot Roast with Gravy Mashed Potatoes Carrots Wheat Bread Pineapple Tidbits	25 Mixed Bean and Vegetable Stew Cauliflower Wheat Roll Brownie	26 Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit	27 Sesame Garlic Chicken Brown Rice Riviera Vegetables Multigrain Bread Peaches	28 American Chop Suey Broccoli Multigrain Bread Vanilla Pudding
31 Chicken and Rice Casserole Spinach Garlic Knot Mandarin Oranges	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.

