

MEALS ON WHEELS OF RI

HOME DELIVERED LATIN MENU – August 2026

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Citrus Salsa Chicken Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit	4 Beef Carne Guisado Rice Whole Kernel Corn Wheat Bread Fresh Seasonal Fruit	5 Chicken Fricassee Spanish Rice Plantains Wheat Bread Tropical Fruit	6 Picante Chicken Brown Rice Broccoli Flour Tortilla Fresh Seasonal Fruit	7 Stewed Pinto Beans Rice Spinach Flour Tortilla Mandarin Oranges
10 Beef Carne de Asada Brown Rice Mexicali Vegetables Flour Tortilla Applesauce	11 Chicken Sanocho Tumeric Rice Mexican Corn Whole Wheat Bread Fresh Seasonal Fruit	12 Pork Carnitas Black Beans Peppers and Onions Flour Tortilla Pineapple Tidbits Picante Sauce	13 Chicken Fajita Spanish Rice Plantains Flour Tortilla Diced Peaches Sour Cream	14 Latino Lentil Stew Brown Rice Fiesta Vegetables Cornbread Diced Pears
17 Beef Chili Bake Potato Whole Kernel Corn Cornbread Muffin Applesauce	18 Chicken Pollo Guisado Rice Plantains Flour Tortilla Diced Pears	19 Citrus Mojo Chicken Rice Green Beans Wheat Bread Fresh Seasonal Fruit	20 Beef Taco Meat Brown Rice Fiesta Vegetables Flour Tortilla Pineapple Tidbits Taco Sauce	21 Spanish Omelet Home Fries Peppers and Onions Blueberry Snack Loaf Fresh Seasonal Fruit
24 Carne Molida Black Beans Sliced Carrots Flour Tortilla Mandarin Oranges	25 Cilantro Lime Chicken Brown Rice Plantains Wheat Bread Fresh Seasonal Fruit	26 Honey Chimichurri Chicken Rice Fiesta Vegetables Vienna Bread Applesauce	27 Beef Picadillo Tumeric Rice Green Beans Flour Tortilla Applesauce	28 Ancho Lime Pollock Cilantro Lime Rice Plantains Flour Tortilla Fresh Seasonal Fruit
31 Citrus Salsa Chicken 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			
				

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.

