

## 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                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>Mixed Bean Stew<br>Cauliflower<br>Wheat Bread<br>Fig Bar<br>Cranberry Juice                                               | <b>4</b><br>Grilled Chicken<br>Whipped Sweet Potatoes<br>Jardiniere Vegetables<br>Multigrain Bread<br>Fresh Fruit<br>Apple Juice                                                                                         | <b>5</b><br>Teriyaki Chicken<br>Rice<br>Italian Green Beans<br>Whole Wheat Bread<br>Fresh Fruit<br>Cranberry Juice                                                       | <b>6</b><br>Chicken Meatballs with<br>Burgundy Sauce<br>Buttered Noodles<br>Fiesta Vegetables<br>Whole Wheat Roll<br>Apple Juice                        | <b>7</b><br>Apple Glazed Chicken<br>Rice<br>Peas and Carrots<br>Wheat Bread<br>Cranberry Juice                                 |
| <b>10</b><br>Diced Chicken with Scampi<br>Sauce<br>Rice<br>Riviera Vegetables<br>Carrots<br>Wheat Bread<br>Fresh Fruit<br>Apple Juice | <b>11</b><br>Unstuffed Pepper Casserole<br>Peas and Pearl Onions<br>Wheat Bread<br>Fresh Fruit<br>Cranberry Juice                                                                                                        | <b>12</b><br>Chicken Breast with Lemon Pea<br>Sauce<br>Brown Rice<br>Spring and Summer Vegetables<br>Carrots<br>Whole Wheat Dinner Roll<br>Tropical Fruit<br>Apple Juice | <b>13</b><br>Grilled Chicken<br>Roasted Sweet Potatoes<br>Coleslaw<br>Hamburger Bun<br>Hot Cinnamon Apples<br>Cranberry Juice                           | <b>14</b><br>Stuffed Shells with Tomato Sauce<br>California Vegetables<br>Carrots<br>Wheat Bread<br>Fruit Fruit<br>Apple Juice |
| <b>17</b><br>Grilled Chicken<br>Italian Roasted Potatoes<br>Green Beans<br>Wheat Bread<br>Chocolate Chip Cookie<br>Cranberry Juice    | <b>18</b><br>Chicken Marsala<br>Rice<br>Green Beans<br>Whole Wheat Bread<br>Fresh Fruit<br>Apple Juice                                                                                                                   | <b>19</b><br>Potato Crusted Pollock<br>Roasted Sweet Potatoes<br>Broccoli and Cauliflower<br>Multigrain Bread<br>Oatmeal Raisin Cookie<br>Cranberry Juice                | <b>20</b><br>Chicken Meatballs with Garlic<br>Herb Sauce<br>Penne Pasta<br>Italian Vegetables<br>Whole Wheat Dinner Roll<br>Fresh Orange<br>Apple Juice | <b>21</b><br>Turkey Sausage<br>Home Fries<br>Peppers and Onions<br>Whole Wheat Bread<br>Applesauce<br>Cranberry Juice          |
| <b>24</b><br>Honey Garlic Meatballs<br>Whipped Potatoes<br>Carrots<br>Wheat Bread<br>Pineapple Tidbits<br>Apple Juice                 | <b>25</b><br>Mixed Bean and Vegetable Stew<br>Cauliflower<br>Wheat Roll<br>Tropical Fruit<br>Cranberry Juice                                                                                                             | <b>26</b><br>Grilled Chicken Scallopini<br>Buttered Noodles<br>Green Beans<br>Wheat Roll<br>Fresh Fruit<br>Apple Juice                                                   | <b>27</b><br>Sesame Garlic Chicken<br>Brown Rice<br>Riviera Vegetables<br>Carrots<br>Whole Grain Roll<br>Fresh Fruit<br>Cranberry Juice                 | <b>28</b><br>American Chop Suey<br>Broccoli<br>Wheat Bread<br>Applesauce<br>Apple Juice                                        |
| <b>31</b><br>Lemon Herb Chicken<br>Rice<br>Spinach<br>Fresh Fruit<br>Cranberry Juice                                                  | <b>Please call in meal<br/>cancellations no later than<br/>10:00 am prior to the next<br/>delivery day. You must be<br/>home to receive your meal.<br/>For your safety &amp; well-being,<br/>coolers are not allowed</b> |                                                                                      |                                                                    |                                           |

**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.

