



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

Catered by TRIO Community Meals

Menu subject to change

Follow us on
Facebook, Twitter & Instagram
www.rimeals.org

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1 Beef Stir Fry Rice Green Beans Wheat Bread Fresh Seasonal Fruit	2 Honey Ginger Chicken Fried Rice Asian Vegetables Whole Wheat Roll Tropical Fruit	3 Chili Garlic Chicken Brown Rice Broccoli Wheat Bread Fresh Seasonal Fruit	4 General Tso's Tofu Lo Mein Noodles Spinach Whole Wheat Dinner Roll Mandarin Oranges
(Closed) 7 Thai Basil Beef Brown Rice Broccoli Whole Wheat Roll Applesauce	8 Sesame Garlic Chicken Vegetable Lo Mein Sliced Carrots Fresh Seasonal Fruit	9 Sweet and Sour Pork Fried Rice Green Beans Whole Wheat Roll Pineapple Tidbits	10 Orange Chicken Lo Mein Noodles Japanese Vegetables Whole Wheat Roll Diced Peaches	11 Curry Lentil Stew Brown Rice Asian Vegetables Whole Wheat Pita Bread Diced Pears
14 Beef Teriyaki Brown Rice Green Peas Wheat Bread Applesauce	15 General Tso's Chicken Rice Asian Vegetables Carrots Rye Bread Diced Pears	16 Gochujang Chicken Lo Mein Noodles Green Beans Wheat Bread Fresh Seasonal Fruit	17 Sweet and Sour Meatballs Brown Rice Broccoli Wheat Bread Pineapple Tidbits	18 Chili Garlic Tofu Rice Sliced Carrots Blueberry Snack Loaf Fresh Seasonal Fruit
21 Sesame Garlic Meatballs Rice Sliced Carrots Wheat Bread Mandarin Oranges	22 Honey Garlic Chicken Brown Rice Pilaf Asian Vegetables Wheat Bread Fresh Seasonal Fruit	23 Sweet and Sour Chicken Rice Broccoli Vienna Bread Applesauce	24 Sesame Soy Chicken Lo Mein Noodles Green Beans Whole Wheat Roll Applesauce	25 Honey Garlic Pollock Brown Rice Asian Vegetables Wheat Bread Fresh Seasonal Fruit
28 Chicken Teriyaki Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit	29 Beef Stir Fry Rice Green Beans Wheat Bread Fresh Seasonal Fruit	30 Honey Ginger Chicken Fried Rice Asian Vegetables Whole Wheat Roll Tropical Fruit		

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



September Updates:

MOWRI is closed:

Monday, September 7th

Double meals will be delivered:

Wednesday, September 2nd!

**Friendly reminder to fill out your
client surveys and return them
to your volunteers!**