

MEALS ON WHEELS OF RI

HOME DELIVERED CARDIAC MENU – September 2026

Catered by TRIO Community Meals

Menu subject to change

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#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 Sweet and Chicken Meatballs Fried Rice Broccoli Wheat Bread Fresh Fruit	2 Aloha Chicken Brown Rice Zucchini and Cauliflower Wheat Bread Fresh Fruit	3 Turkey Burger Red Potatoes Sliced Carrots Wheat Bread Fresh Fruit	4 Chicken with Gravy Rice Root Vegetables Wheat Bread Fresh Fruit
(Closed) 7 Teriyaki Chicken Herbed Brown Rice Roman Vegetables Wheat Bread Applesauce	8 Turkey Burger Potato Wedges Green Peas Wheat Bread Fresh Fruit	9 Chicken Meatballs with Au Jus Rice Carrots Wheat Bread Diced Peaches	10 Chicken with Dill Sauce Root Vegetables Carrots Wheat Bread Fresh Fruit	11 Chicken with Red Pepper Sauce Jasmine Coconut Rice Zucchini Wheat Bread Fresh Fruit
14 Lemon Herb Grilled Chicken Rice Jardiniere Vegetables Wheat Dinner Roll Fresh Fruit	15 Rosemary Cream Grilled Chicken Ziti Pasta Broccoli and Cauliflower Wheat Bread Applesauce	16 Herbed Pollock Over Roasted Potatoes Green Beans Whole Wheat Bread Fresh Fruit	17 Apricot Chicken Rice Root Vegetables Wheat Bread Fresh Fruit	18 Chicken Meatballs with Swedish Sauce Egg Noodles Brussel Sprouts Wheat Bread Mixed Fruit
21 Potato Crusted Pollock Whipped Sweet Potatoes Peas Wheat Bread	22 BBQ Chicken Rice Roasted Root Vegetables Wheat Dinner Roll Fresh Fruit	23 Lemon Herb Chicken Seasoned Orzo Spring Summer Vegetables Wheat Bread Tropical Fruit	24 Chicken Meatballs with Red Pepper Sauce Rice Roman Vegetables Multigrain Bread Fresh Fruit	25 Chicken with Au Jus Rice Peas and Carrots Wheat Dinner Roll Fresh Fruit
28 Orange Chicken Rice Zucchini Whole Wheat Bread Fresh Fruit	29 Spanish Tilapia Italian Roasted White Potatoes Broccoli and Cauliflower Whole Wheat Roll Chocolate Chip Cookie	30 Sweet and Sour Grilled Chicken Fried Rice Whole Wheat Bread Fresh 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!**