

MEALS ON WHEELS OF RI

HOME DELIVERED 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 Sour Chicken Meatballs Fried Rice Broccoli Wheat Bread Vanilla Pudding	2 Dijon Herb Chicken Brown Rice Zucchini and Cauliflower Whole Wheat Dinner Roll Pears	3 Cheeseburger Tater Tots Fiesta Vegetables Wheat Hamburger Bun Cream Filled Cookies Ketchup and Mustard	4 Roasted Turkey with Gravy Mashed Potatoes Root Vegetables Wheat Bread Fresh Fruit
(Closed) 7 General Tso's Chicken Breast Herbed Brown Rice Roman Vegetables Wheat Bread Applesauce	8 Turkey Burger Potato Wedges Green Peas Wheat Bread Applesauce	9 Lasagna Roll with Tomato Sauce Carrots Wheat Bread Diced Peaches	10 Apple Glazed Chicken Breast Roasted Sweet Potatoes Green Beans Multigrain Bread Tropical Fruit	11 Honey Ginger Chicken Jasmine Coconut Rice Zucchini Multigrain Bread Pineapple
14 Lemon Herb Chicken Rice Jardiniere Vegetables Wheat Dinner Roll Fresh Fruit	15 Rosemary Cream Chicken Ziti Pasta Broccoli and Cauliflower Multigrain Bread Applesauce	16 White Bean and Spinach Stew Green Beans Whole Wheat Bread Fresh Fruit	17 Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain 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 Mandarin Oranges	22 Maple Mustard Chicken Baked Beans Roasted Root Vegetables Wheat Dinner Roll Diced Peaches	23 Chicken Souvlaki Seasoned Orzo Spring Summer Vegetables Wheat Bread Tropical Fruit	24 Stuffed Shells with Tomato Sauce Roman Vegetables Multigrain Bread Fresh Fruit	25 Meatloaf with Gravy Cheddar Mashed Potatoes Peas and Carrots Wheat Dinner Roll Chocolate Chip Cookie
28 Macaroni and Cheese Zucchini and Tomatoes Wheat Bread Mandarin Oranges	29 Lentil Stew Italian Roasted White Potatoes Broccoli and Cauliflower Whole Wheat Dinner Roll Chocolate Chip Cookie	30 Sweet and Sour Chicken Fried Rice 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!**