



MEALS ON WHEELS OF RI HOME DELIVERED LATIN 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 Beef Carne Guisado Rice Whole Kernel Corn Wheat Bread Fresh Seasonal Fruit	2 Chicken Fricassee Spanish Rice Plantains Wheat Bread Tropical Fruit	3 Picante Chicken Brown Rice Broccoli Flour Tortilla Fresh Seasonal Fruit	4 Stewed Pinto Beans Rice Spinach Flour Tortilla Mandarin Oranges
(Closed) 7 Beef Carne De Asada Brown Rice Mexicali Vegetables Flour Tortilla Applesauce	8 Chicken Sanocho Tumeric Rice Mexican Corn Whole Wheat Bread Fresh Seasonal Fruit	9 Pork Carnitas Black Beans Peppers and Onions Flour Tortilla Pineapple Tidbits Picante Sauce	10 Chicken Fajita Spanish Rice Plantains Flour Tortilla Diced Peaches Sour Cream	11 Latino Lentil Stew Brown Rice Fiesta Vegetables Cornbread Diced Pears
14 Beef Chili Baked Potato Whole Kernel Corn Cornbread Muffin Applesauce	15 Chicken Pollo Guisado Rice Plantains Flour Tortilla Diced Pears	16 Citrus Mojo Chicken Rice Green Beans Wheat Bread Fresh Seasonal Fruit	17 Beef Taco Meat Brown Rice Fiesta Vegetables Flour Tortilla Pineapple Tidbits Taco Sauce	18 Spanish Omelet Home Fries Peppers and Onions Blueberry Snack Loaf Fresh Seasonal Fruit
21 Carne Molida Black Beans Sliced Carrots Flour Tortilla Mandarin Oranges	22 Cilantro Lime Chicken Brown Rice Plantains Wheat Bread Fresh Seasonal Fruit	23 Honey Chimichurri Chicken Rice Fiesta Vegetables Vienna Bread Applesauce	24 Beef Picadillo Tumeric Rice Green Beans Flour Tortilla Applesauce	25 Ancho Lime Pollock Cilantro Lime Rice Plantains Flour Tortilla Fresh Seasonal Fruit
28 Citrus Salsa Chicken Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit	29 Beef Carne Guisado Rice Whole Kernel Corn Wheat Bread Fresh Seasonal Fruit	30 Chicken Fricassee Spanish Rice Plantains Wheat Bread 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!**