



**MEALS ON WHEELS OF RI**  
**HOME DELIVERED RENAL MENU – September 2026**  
*Catered by TRIO Community Meals*  
*Menu subject to change*

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#MoreThanAMeal

| MONDAY                                                                                                                                                                                                     | TUESDAY                                                                                                                                          | WEDNESDAY                                                                                                                    | THURSDAY                                                                                                                               | FRIDAY                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| <b>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.</b><br><b>For your safety &amp; well-being, coolers are not allowed</b> | <b>1</b><br>Sweet and Sour Chicken Meatballs<br>Fried Rice<br>Broccoli<br>Wheat Bread<br>Fresh Fruit<br>Apple Juice                              | <b>2</b><br>Aloha Chicken<br>Brown Rice<br>Zucchini and Cauliflower<br>Whole Wheat Roll<br>Fresh Fruit<br>Cranberry Juice    | <b>3</b><br>Turkey Burger<br>Red Potatoes<br>Carrots<br>Wheat Bread<br>Fresh Fruit<br>Apple Juice                                      | <b>4</b><br>Chicken with Gravy<br>Rice<br>Root Vegetables<br>Wheat Bread<br>Fresh Fruit<br>Cranberry Juice                            |
| <b>(Closed) 7</b><br>Teriyaki Chicken<br>Herbed Brown Rice<br>Roman Vegetables<br>Whole Wheat Roll<br>Applesauce<br>Cranberry Juice                                                                        | <b>8</b><br>Turkey Burger<br>Cauliflower<br>Green Beans<br>Whole Wheat Roll<br>Fresh Fruit<br>Apple Juice                                        | <b>9</b><br>Chicken Meatballs with Au Jus<br>Rice<br>Carrots<br>Wheat Bread<br>Diced Peaches<br>Cranberry Juice              | <b>10</b><br>Apple Glazed Chicken Breast<br>Roasted Sweet Potatoes<br>Green Beans<br>Multigrain Bread<br>Tropical Fruit<br>Apple Juice | <b>11</b><br>Chicken with Red Pepper Jasmine<br>Coconut Rice<br>Zucchini<br>Whole Wheat Bread<br>Fresh Fruit<br>Cranberry Juice       |
| <b>14</b><br>Lemon Herb Chicken<br>Rice<br>Jardiniere Vegetables<br>Wheat Dinner Roll<br>Fresh Fruit<br>Apple Juice                                                                                        | <b>15</b><br>Rosemary Cream Chicken<br>Brown Rice<br>Broccoli and Cauliflower<br>Whole Wheat Roll<br>Applesauce<br>Cranberry Juice               | <b>16</b><br>Herbed Pollock<br>Rice<br>Green Beans<br>Whole Wheat Bread<br>Fresh Fruit<br>Apple Juice                        | <b>17</b><br>Apricot Chicken<br>Rice<br>Root Vegetables<br>Wheat Bread<br>Fresh Fruit                                                  | <b>18</b><br>Chicken Meatballs with Swedish Sauce<br>Egg Noodles<br>Brussel Sprouts<br>Whole Wheat Roll<br>Mixed Fruit<br>Apple Juice |
| <b>21</b><br>Potato Crusted Pollock<br>Whipped Sweet Potatoes<br>Peas<br>Wheat Bread<br>Mandarin Oranges<br>Cranberry Juice                                                                                | <b>22</b><br>BBQ Chicken<br>Rice<br>Roasted Root Vegetables<br>Wheat Dinner Roll<br>Fresh Fruit<br>Apple Juice                                   | <b>23</b><br>Lemon Herb Chicken<br>Rice<br>Spring Summer Vegetables<br>Whole Wheat Roll<br>Tropical Fruit<br>Cranberry Juice | <b>24</b><br>Chicken Meatballs with Red Pepper Sauce<br>Rice<br>Roman Vegetables<br>Multigrain Bread<br>Fresh Fruit<br>Apple Juice     | <b>25</b><br>Meatloaf with Gravy<br>Rice<br>Peas and Carrots<br>Wheat Dinner Roll<br>Fresh Fruit<br>Cranberry Juice                   |
| <b>28</b><br>Orange Chicken<br>Rice<br>Zucchini<br>Whole Wheat Bread<br>Fresh Fruit<br>Apple Juice                                                                                                         | <b>29</b><br>Lentil Stew<br>Whole Kernel Corn<br>Broccoli and Cauliflower<br>Whole Wheat Dinner Roll<br>Chocolate Chip Cookie<br>Cranberry Juice | <b>30</b><br>Sweet and Sour Chicken<br>Fried Rice<br>Whole Wheat Bread<br>Fresh Fruit<br>Apple Juice                         |                                                   |                                                  |

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!**