

MEALS ON WHEELS OF RI HOME DELIVERED ASIAN MENU – October 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			Chili Garlic Chicken Brown Rice Broccoli Wheat Bread Fresh Seasonal Fruit	General Tso's Tofu Lo Mein Noodles Spinach Whole Grain Dinner Roll Mandarin Oranges
Thai Basil Beef Brown Rice Broccoli Whole Wheat Roll Applesauce	Sesame Garlic Chicken Vegetable Lo Mein Sliced Carrots Fresh Seasonal Fruit	Sweet and Sour Pork Fried Rice Green Beans Whole Wheat Roll Pineapple Tidbits	Orange Chicken Lo Mein Noodles Japanese Vegetables Whole Wheat Roll Diced Peaches	Curry Lentil Stew Brown Rice Asian Vegetables Whole Wheat Pita Bread Diced Pears
Closed Beef Teriyaki Brown Rice Green Peas Wheat Bread Applesauce	General Tso's Chicken Rice Asian Vegetables Rye Bread Diced Pears	Gochujang Chicken Lo Mein Noodles Green Beans Wheat Bread Fresh Seasonal Fruit	Sweet and Sour Meatballs Brown Rice Broccoli Wheat Bread Pineapple Tidbits	Chili Garlic Tofu Brown Rice Sliced Carrots Blueberry Snack Loaf Fresh Seasonal Fruit
STATEWIDE DOUBLE Sesame Garlic Meatballs Rice Sliced Carrots Wheat Bread Mandarin Oranges	Closed Honey Garlic Chicken Brown Rice Pilaf Asian Vegetables Wheat Bread Fresh Seasonal Fruit	Sweet and Sour Chicken Rice Broccoli Vienna Bread Applesauce	Sesame Soy Chicken Lo Mein Noodles Green Beans Whole Grain Dinner Roll Applesauce	Honey Garlic Pollock Brown Rice Asian Vegetables Wheat Bread Fresh Seasonal Fruit
Chicken Teriyaki Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit	Beef Stir Fry Rice Green Beans Wheat Bread Fresh Seasonal Fruit	Honey Ginger Chicken Fried Rice Asian Vegetables Whole Wheat Roll Tropical Fruit	Chili Garlic Chicken Brown Rice Broccoli Wheat Bread Fresh Seasonal Fruit	General Tso's Tofu Lo Mein Noodles Spinach Whole Grain Dinner Roll Mandarin Oranges

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

October Updates:

Shelf-Stable Meal Box distribution begins this month, with some deliveries continuing into November. These meal boxes provide a valuable backup option and are meant to be stored until needed. They can be especially helpful on days when meal deliveries are interrupted or if you need an additional meal.

MOWRI is closed:

Monday, October 12th

Tuesday, October 20th

Double meals will be delivered:

Wednesday, October 7th

Monday, October 19th

