

MEALS ON WHEELS OF RI HOME DELIVERED CARDIAC MENU – October 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 Chicken Breast with Teriyaki Sauce Red Bliss Potatoes Brussell Sprouts Oat Bread Mandarin Oranges	2 Pollock with Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Diced Pears
5 Chicken Meatballs with Garlic and Herb Sauce Butternut Squash Jardiniere Vegetables Wheat Bread Applesauce	6 Chicken with Lemon Herb Sauce Rice Green Beans Wheat Bread Mixed Fruit	STATEWIDE DOUBLE 7 Turkey Burger Corn California Vegetables Whole Grain Hamburger Bun Peaches	8 Creamy Sundried Tomato Chicken Orzo Riviera Vegetables Multigrain Bread Pineapple Tidbits	9 Breaded Pollock Roasted Red Potatoes Green Peas Whole Wheat Roll Applesauce
Closed 12 Herbed Chicken Breast Garlic Mashed Potatoes Corn Wheat Bread Mixed Fruit	13 Chicken Meatball Sub with Red Pepper Sauce Italian Roasted White Potatoes Italian Vegetable Blend Whole Wheat Roll Tropical Fruit	14 Dijon Herb Chicken Breast O'Brien Potatoes Green Beans Wheat Bread Mandarin Oranges	15 Breaded Pollock Root Vegetables Roman Vegetables Whole Wheat Roll	16 Chicken Meatball Sub with Honey Garlic Sauce Cous Cous Peas and Carrots Wheat Bread Diced Pears
STATEWIDE DOUBLE 19 Chicken with Steakhouse Sauce Rice Tuscany Vegetables Wheat Bread Fresh Fruit	Closed 20 Turkey Burger Corn Cauliflower Whole Grain Hamburger Bun Applesauce	21 Brown Butter and Sage Chicken White Rice Green Beans Wheat Bread Mixed Fruit	22 Turkey and Lentil Bolognese Whole Grain Penne Pasta Spinach Wheat Bread Fresh Orange	23 Chicken Breast with Cilantro Lime Sauce Rice and Beans Corn Flour Tortilla Diced Pears
26 Apple Glazed Chicken Breast Roasted Red Potatoes Cauliflower Wheat Bread	27 Honey Mustard Chicken Whipped Sweet Potatoes Jardiniere Vegetables Wheat Bread Pineapple Tidbits	28 Teriyaki Chicken Herbed Brown Rice Japanese Mixed Vegetables Wheat Bread Peaches	29 Chicken Meatballs with Gravy Buttered Noodles Fiesta Vegetables Wheat Bread	30 Herbed Pollock Mashed Potatoes Scandinavian Vegetables Wheat Bread Tropical Fruit

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

