

MEALS ON WHEELS OF RI HOME DELIVERED 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 Spinach and Red Pepper Frittata 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 Roasted Turkey with Gravy Bread Stuffing Butternut Squash Wheat Bread Applesauce	6 Baked Ziti Green Beans Garlic Knot Mixed Fruit	STATEWIDE DOUBLE 7 All Beef Hot Dog Corn California Vegetables Hot Dog Bun Peaches Ketchup	8 Creamy Sundried Tomato Chicken Orzo Riviera Vegetables Multigrain Bread Pineapple Tidbits	Cold Meal 9 Roast Beef and Swiss Cheese Potato Salad Coleslaw Wheat Bread Applesauce Mayonnaise
Closed 12 Herbed Chicken Breast Garlic Mashed Potatoes Corn Wheat Bread Mixed Fruit	13 Chicken Meatball Sub with Tomato Sauce and Provolone Cheese Italian Roasted White Potatoes Italian Vegetable Blend Sub Roll Tropical Fruit	14 Dijon Herb Chicken Breast O'Brien Potatoes Stewed Tomatoes Wheat Bread Mandarin Oranges	15 Breaded Pollock Root Vegetables Roman Vegetables Hamburger Bun Cream Filled Cookies Tartar Sauce	16 Pot Roast with Gravy Mashed Potatoes Peas and Carrots Wheat Bread Diced Pears
STATEWIDE DOUBLE 19 Chicken with Steakhouse Sauce Rice Tuscan Vegetables Multigrain Bread Fresh Fruit	Closed (Cold meal) 20 Turkey Salad English Pea Salad Beet Salad Wheat Bread Applesauce	21 Brown Butter and Sage Chicken White Rice Green Beans Multigrain Bread Mixed Fruit	22 Turkey and Lentil Bolognese Whole Grain Penne Pasta Spinach Wheat Bread Fresh Orange	23 Beef Fajitas Rice and Beans Corn Flour Tortilla Diced Pears
26 Mixed Bean Stew Cauliflower Wheat Bread Fig Bar	27 Honey Mustard Chicken Whipped Sweet Potatoes Jardiniere Vegetables Multigrain Bread Pineapple Tidbits	28 Salisbury Steak with Vegetable Gravy Whipped Potatoes Italian Green Beans Garlic Roll Peaches	29 Chicken Meatballs with Gravy Buttered Noodles Fiesta Vegetables Wheat Bread Brownie	30 Crustless Turkey Pot Pie Mashed Potatoes 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

