

MEALS ON WHEELS OF RI HOME DELIVERED LATIN 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 Picante Chicken Brown Rice Broccoli Flour Tortilla Fresh Seasonal Fruit	2 Stewed Pinto Beans Rice Spinach Flour Tortilla Mandarin Oranges
5 Beef Carne de Asada Brown Rice Mexicali Vegetables Flour Tortilla Applesauce	6 Chicken Sanocho Turmeric Rice Mexican Corn Whole Wheat Bread Fresh Seasonal Fruit	STATEWIDE DOUBLE 7 Pork Carnitas Black Beans Peppers and Onions Flour Tortilla Pineapple Tidbits Picante Sauce	8 Chicken Fajita Spanish Rice Plantains Flour Tortilla Diced Peaches Sour Cream	9 Latino Lentil Stew Brown Rice Fiesta Vegetables Cornbread Diced Pears
CLOSED 12 Beef Chilli Baked Potato Whole Kernel Corn Cornbread Muffin Applesauce	13 Chicken Pollo Guisado Rice Plantains Flour Tortilla Diced Pears	14 Citrus Mojo Chicken Rice Green Beans Wheat Bread Fresh Seasonal Fruit	15 Beef Taco Meat Brown Rice Fiesta Vegetables Flour Tortilla Pineapple Tidbits Taco Sauce	16 Spanish Omelet Home Fries Peppers and Onions Blueberry Snack Loaf Fresh Seasonal Fruit
STATEWIDE DOUBLE 19 Carne Molida Black Beans Sliced Carrots Flour Tortilla Mandarin Oranges	CLOSED 20 Cilantro Lime Chicken Brown Rice Plantains Wheat Bread Fresh Seasonal Fruit	21 Honey Chimichurri Chicken Rice Fiesta Vegetables Vienna Bread Apple sauce	22 Beef Picadillo Turmeric Rice Green Beans Flour Tortilla Applesauce	23 Ancho Lime Pollock Cilantro Lime Rice Plantains Flour Tortilla Fresh Seasonal Fruit
26 Citrus Salsa Chicken Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit	27 Beef Carne Guisado Rice Whole Kernel Corn Wheat Bread Fresh Seasonal Fruit	28 Chicken Fricassee Spanish Rice Plantains Wheat Bread Tropical Fruit	29 Picante Chicken Brown Rice Broccoli Flour Tortilla Fresh Seasonal Fruit	30 Stewed Pinto Beans Rice Spinach Flour Tortilla 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

