

MEALS ON WHEELS OF RI HOME DELIVERED RENAL 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 Mandarin Oranges	2 Pollock with Dijon Wine Sauce Cous Cous Peas and Pearl Onions Wheat Bread Diced Pears Apple Juice
5 Chicken Meatballs with Garlic and Herb Sauce Rice Jardiniere Vegetables Wheat Bread Applesauce Cranberry Juice	6 Chicken with Lemon Herb Sauce Rice Green Beans Wheat Bread Mixed Fruit Apple Juice	STATEWIDE DOUBLE 7 Turkey Burger Green Peas California Vegetables Peaches Cranberry Juice	8 Creamy Sundried Tomato Chicken Brown Rice Pilaf Riviera Vegetables Whole Wheat Dinner Roll Pineapple Tidbits Apple Juice	9 Breaded Pollock Roasted Red Potatoes Green Beans Whole Wheat Dinner Roll Applesauce Cranberry Juice
Closed 12 Herbed Chicken Breast California Vegetables Corn Whole Wheat Dinner Roll Mixed Fruit Apple Juice	13 Chicken Meatballs with Red Pepper Sauce Italian Roasted White Potatoes Italian Vegetable Blend Whole Wheat Dinner Roll Tropical Fruit Cranberry Juice	14 Dijon Herb Chicken Breast O'Brien Potatoes Green Beans Wheat Bread Mandarin Oranges Apple Juice	15 Breaded Pollock Root Vegetables Roman Vegetables Whole Wheat Dinner Roll Cream Filled Cookies Cranberry Juice	16 Chicken Meatballs with Honey Garlic Sauce Rice Peas and Carrots Wheat Bread Diced Pears Apple Juice
STATEWIDE DOUBLE 19 Chicken with Steakhouse Sauce Rice Tuscany Vegetables Wheat Bread Fresh Fruit Cranberry Juice	Closed 20 Turkey Burger Corn Cauliflower Whole Wheat Dinner Roll Applesauce Apple Juice	21 Brown Butter and Sage Chicken White Rice Green Beans Wheat Bread Mixed Fruit Cranberry Juice	22 Chicken Meatballs with Red Pepper Sauce Whole Grain Penne Pasta Spinach Fresh Orange Apple Juice	23 Cilantro Lime Chicken Breast Rice and Beans Corn Diced Pears Cranberry Juice
26 Chicken Breast with Apple Glaze Roasted Red Potatoes Cauliflower Wheat Bread Fig Bar Apple Juice	27 Honey Mustard Chicken Whipped Sweet Potatoes Jardiniere Vegetables Wheat Bread Pineapple Tidbits Cranberry Juice	28 Teriyaki Chicken Rice Fiesta Mixed Vegetables Whole Wheat Dinner Roll Peaches Apple Juice	29 Chicken Meatballs with Gravy Buttered Noodles Fiesta Vegetables Whole Wheat Dinner Roll Cranberry Juice	30 Breaded Pollock Rice Scandinavian Vegetables Whole Wheat Dinner Roll Tropical Fruit Apple Juice

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

