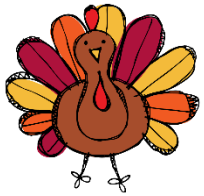
MEALS ON WHEELS OF RI
HOME DELIVERED ASIAN MENU – November 2026
Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Thai Basil Beef Brown Rice Broccoli Whole Wheat Roll Applesauce	**3** Sesame Garlic Chicken Vegetable Lo Mein Sliced Carrots Fresh Seasonal Fruit	**4** Sweet and Sour Pork Fried Rice Green Beans Whole Wheat Roll Pineapple Tidbits	**5** Orange Chicken Lo Mein Noodles Japanese Vegetables Whole Wheat Roll Diced Peaches	**6** Curry Lentil Stew Brown Rice Asian Vegetables Whole Wheat Pita Bread Diced Pears
STATEWIDE DOUBLE **9** Beef Teriyaki Brown Rice Green Peas Wheat Bread Applesauce	**10** General Tso's Chicken Rice Asian Vegetables Rye Bread Diced Pears	**Closed** **11** Gochujang Chicken Lo Mein Noodles Green Beans Wheat Bread Fresh Seasonal Fruit	**12** Sweet and Sour Meatballs Brown Rice Broccoli Wheat Bread Pineapple Tidbits	**13** Chili Garlic Tofu Rice Slice Carrots Blueberry Snack Loaf Fresh Seasonal Fruit
16 Sesame Garlic Meatballs Rice Sliced Carrots Wheat Bread Mandarin Oranges	**17** Honey Garlic Chicken Brown Rice Pilaf Asian Vegetables Wheat Bread Fresh Seasonal Fruit	**18** Sweet and Sour Chicken Rice Broccoli Vienna Bread Applesauce	**19** Sesame Soy Chicken Lo Mein Noodles Green Beans Whole Grain Dinner Roll Applesauce	**20** Honey Garlic Pollock Brown Rice Asian Vegetables Wheat Bread Fresh Seasonal Fruit
STATEWIDE DOUBLE ` **23** Chicken Teriyaki Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit	**24** Beef Stir Fry Rice Green Beans Wheat Bread Fresh Seasonal Fruit	**STATEWIDE DOUBLE** **25** Honey Ginger Chicken Fried Rice Asian Vegetables Whole Wheat Roll Tropical Fruit	**Closed** **26** Chili Garlic Chicken Brown Rice Broccoli Wheat Bread Fresh Seasonal Fruit	**Closed** **27** General Tso's Tofu Lo Mein Noodles Spinach Whole Grain Dinner Roll Mandarin Oranges
30 Thai Basil Beef Brown Rice Broccoli Whole Wheat Roll Applesauce				***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***

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

November Updates:

Shelf-Stable Meal Box distribution will begin in 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:

Wednesday, November 11

Thursday, November 26

Friday, November 27

Double meals will be delivered:

Monday, November 9 (for 11/11)

Monday, November 23 (for 11/27)

Wednesday, November 25 (for 11/26)

