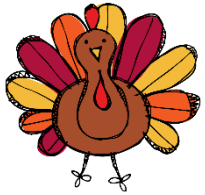
# MEALS ON WHEELS OF RI
## HOME DELIVERED CARDIAC MENU – November 2026
*Catered by TRIO Community Meals*
*Menu subject to change*

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#MoreThanAMeal

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2**<br>Chicken with Scampi Sauce<br>Rice<br>Riviera Vegetables<br>Wheat Bread<br>Fresh Fruit | **3**<br>Orange Ginger Chicken Breast<br>Rice<br>Broccoli and Green Beans<br>Wheat Bread<br>Fresh Fruit | **4**<br>Chicken with Lemon Pea Sauce<br>Rice<br>Spring and Summer Vegetables<br>Wheat Bread<br>Tropical Fruit | **5**<br>Honey Glazed Chicken Breast<br>Brown Rice<br>Italian Green Beans<br>Wheat Bread<br>Mandarin Oranges | **6**<br>Sweet and Sour Chicken Breast<br>Fried Rice<br>California Vegetables<br>Wheat Bread<br>Mixed Fruit |
| **STATEWIDE DOUBLE** **9**<br>Chicken with Rosemary<br>Balsamic Sauce<br>Italian Roasted Red Potatoes<br>Green Beans with Onions<br>Wheat Bread | **10**<br>Breaded Pollock<br>Roasted Sweet Potatoes<br>Broccoli and Cauliflower<br>Multigrain Bread | **Closed** **11**<br>Chicken Marsala<br>Whipped Potatoes<br>Riviera Vegetables<br>Wheat Bread<br>Pears | **12**<br>Chicken Meatballs with Dijon<br>Herb Sauce<br>Rice with Peas<br>Italian Vegetables<br>Wheat Bread<br>Mandarin Oranges | **13**<br>Turkey Sausage Link<br>Home Fries<br>Peas and Corn<br>Wheat Bread<br>Applesauce |
| **16**<br>Chicken Meatballs with Honey<br>Garlic Sauce<br>Herbed Penne Pasta<br>Broccoli<br>Wheat Bread<br>Pineapple Tidbits | **17**<br>Aloha Chicken<br>Rice<br>California Mixed Vegetables<br>Wheat Bread<br>Mandarin Oranges | **18**<br>Chicken Scallopini<br>Buttered Noodles<br>Green Beans<br>Wheat Bread<br>Fresh Fruit | **19**<br>Beef Sloppy Joe<br>Sweet Potato Tots<br>Spinach<br>Whole Grain Hamburger Bun<br>Mixed Fruit | **20**<br>Apricot Mustard Chicken Bread<br>Whipped Potatoes<br>California Vegetables<br>Wheat Bread<br>Applesauce |
| **STATEWIDE DOUBLE** **23**<br>Orange Cranberry Chicken<br>Rice<br>Spinach<br>Garlic Knot<br>Mandarin Oranges | **24**<br>Garlic and Herb Chicken Breast<br>Brown Rice<br>Spring and Summer Vegetables<br>Whole Wheat Dinner Roll<br>Pears | **STATEWIDE DOUBLE** **25**<br>Sweet and Sour Chicken Meatballs<br>Fried Rice<br>Broccoli<br>Wheat Roll | **Closed** **26**<br>Turkey Burger<br>Whipped Sweet Potatoes<br>Green Beans with Red Peppers<br>Dinner Roll | **Closed** **27**<br>Creamy Spinach Chicken<br>Rice<br>Carrots<br>Wheat Bread<br>Applesauce |
| **30**<br>Chili Garlic Chicken Meatballs<br>Rice<br>Mixed Vegetables<br>Wheat Dinner Roll<br>Mixed Fruit |  |  |  | ***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)

