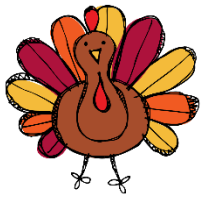
MEALS ON WHEELS OF RI
HOME DELIVERED MENU – November 2026

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken with Scampi Sauce Rice Riviera Vegetables Rye Bread Fresh Fruit	**3** Unstuffed Pepper Casserole Peas and Pearl Onions Wheat Bread Fresh Fruit	**4** Chicken Breast with Lemon Pea Sauce Rice Spring and Summer Vegetables Wheat Bread Tropical Fruit	**5** Sweet Potato and Quinoa Black Bean Chili Italian Green Beans Oatmeal Bread Mandarin Oranges	**6** Stuffed Shells with Tomato Sauce California Vegetables Wheat Bread Mixed Fruit
STATEWIDE DOUBLE **9** Chicken with Rosemary Balsamic Italian Roasted Red Potatoes Broccoli Multigrain Bread Chocolate Chip Cookie	**10** Breaded Pollock Roasted Sweet Potatoes Broccoli and Cauliflower Multigrain Bread Oatmeal Raisin Cookie	**Closed** **11** Chicken Marsala Whipped Potatoes Green Beans with Red Peppers Wheat Bread Pears	**12** Chicken Meatballs with Dijon Herb Sauce Rice Italian Vegetables Wheat Bread Mandarin Oranges	**13** Broccoli Egg Bake Home Fries Stewed Tomatoes Rye Bread Applesauce
16 Beef Pot Roast with Gravy Mashed Potatoes Carrots Wheat Bread Pineapple Tidbits	**17** Chicken Salad Three Bean Salad Root Vegetable Salad Wheat Bread Mandarin Oranges	**18** Chicken Scallopini Buttered Noodles Green Beans Wheat Bread Fresh Fruit	**19** Macaroni and Cheese Riviera Vegetables Multigrain Bread Mixed Fruit	**20** Apricot Mustard Turkey Breast Whipped Potatoes California Vegetables Wheat Bread Applesauce
STATEWIDE DOUBLE **23** Orange Cranberry Chicken Rice Spinach Garlic Knot Mandarin Oranges	**24** Salisbury Beef with Gravy Brown Rice Zucchini and Cauliflower Whole Wheat Dinner Roll Pears	**STATEWIDE DOUBLE** **25** Sweet and Sour Chicken Meatballs Broccoli Wheat Bread Vanilla Pudding with Whipped Topping	**Closed** **26** Roasted Turkey with Gravy Stuffing Herbed Green Beans Dinner Roll Assorted Pie	**Closed** **27** Creamy Spinach Chicken Rice Carrots Wheat Bread Applesauce
30 Chili Garlic Chicken Meatballs Rice Mixed Vegetables Wheat Dinner Roll 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)

