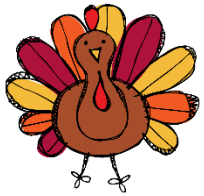
MEALS ON WHEELS OF RI
HOME DELIVERED LATIN MENU – November 2026

Catered by TRIO Community Meals

Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Carne de Asada Brown Rice Mexicali Vegetables Flour Tortilla Applesauce	**3** Chicken Sanocho Tumeric Rice Mexican Corn Whole Wheat Bread Fresh Seasonal Fruit	**4** Pork Carnitas Black Beans Peppers and Onions Flour Tortilla Pineapple Tidbits Picante Sauce	**5** Chicken Fajita Spanish Rice Plantains Flour Tortilla Diced Peaches Sour Cream	**6** Latino Lentil Stew Brown Rice Fiesta Vegetables Cornbread Diced Pears
STATEWIDE DOUBLE **9** Beef Chili Baked Potato Whole Kernel Corn Cornbread Muffin Applesauce	**10** Chicken Pollo Guisado Rice Plantains Flour Tortilla Diced Pears	**Closed** **11** Citrus Mojo Chicken Rice Green Beans Wheat Bread Fresh Seasonal Fruit	**12** Beef Taco Meat Brown Rice Fiesta Vegetables Flour Tortilla Pineapple Tidbits Taco Sauce	**13** Spanish Omelet Home Fries Peppers and Onions Blueberry Snack Loaf Fresh Seasonal Fruit
16 Carne Molida Black Beans Sliced Carrots Flour Tortilla Mandarin Oranges	**17** Cilantro Lime Chicken Brown Rice Plantains Wheat Bread Fresh Seasonal Fruit	**18** Honey Chimichurri Chicken Rice Fiesta Vegetables Vienna Bread Applesauce	**19** Beef Picadillo Tumeric Rice Green Beans Flour Tortilla Applesauce	**20** Ancho Lime Pollock Cilantro Lime Rice Plantains Flour Tortilla Fresh Seasonal Fruit
STATEWIDE DOUBLE **23** Citrus Salsa Chicken Buttered Rice Sliced Carrots Rye Bread Fresh Seasonal Fruit	**24** Beef Carne Guisado Rice Whole Kernel Corn Wheat Bread Fresh Seasonal Fruit	**STATEWIDE DOUBLE** **25** Chicken Fricassee Spanish Rice Plantains Wheat Bread Tropical Fruit	**Closed** **26** Picante Chicken Brown Rice Broccoli Flour Tortilla Fresh Seasonal Fruit	**Closed** **27** Stewed Pinto Beans Rice Spinach Flour Tortilla Mandarin Oranges
30 Beef Carne de Asada Brown Rice Mexicali Vegetables Flour Tortilla 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)

