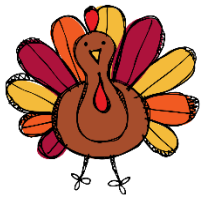
MEALS ON WHEELS OF RI
HOME DELIVERED RENAL MENU – November 2026
Catered by TRIO Community Meals
Menu subject to change

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#MoreThanAMeal

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

