



MEALS ON WHEELS OF RHODE ISLAND INC.

70 Bath St. Providence, RI 02908 (401) 351-6700

HOME DELIVERED MENU – FEBRUARY 2012

Catered by: **Marra Meal Services**

Menu subject to change

<p>Meals on Wheels of RI is a non-profit organization funded in part by the Administration of Aging (AoA) & state funds through the Dept. of Elderly Affairs (DEA).</p>		<p>1 Garden Salad w/Dressing Cheeseburger Baked Beans Peas and Carrots Hamburger Roll Mandarin Oranges</p>	<p>2 Shredded Cabbage Salad w/Rice Wine Vinaigrette Chicken Stir Fry Fried Rice Oriental Vegetables Whole Wheat Roll Pineapple Chunks</p>	<p>3 100% Juice Cheddar Crusted Cod w/Lemon Wedge Boiled Potatoes w/Parsley & Butter Butternut Squash Sliced Whole Wheat Bread Sliced Peaches</p>
<p>6 100% Juice Baked Chicken In a Light Dijon Sauce Mashed Sweet Potatoes Steamed Zucchini Dinner Roll Orange</p>	<p>7 Garden Salad w/Dressing Beef Stew Boiled Potatoes Peas and Carrots Biscuit Chocolate Pudding SF CHOCOLATE PUDDING</p>	<p>8 100% Juice Cheese Lasagna Roll-Up w/Meat Sauce Extra Sauce 3rd Compartment Sautéed Spinach w/Garlic Whole Wheat Dinner Roll Bread Pudding DIET DESSERT</p>	<p>9 Coleslaw Oven Fried Chicken w/Country Gravy Mashed Potatoes Corn O'Brien Sliced Whole Wheat Bread Diced Pears</p>	<p>10 100% Juice Stuffed Cabbage w/ Tomato Sauce Brown Rice Buttered Carrots Sliced Whole Wheat Bread Apple Sauce</p>
<p>13 100% Juice Baked Fish w/Cracker Crumb Dressing Potatoes Au Gratin Green Beans Sliced Whole Wheat Bread Apple</p>	<p>14 HAPPY VALENTINES' DAY Caesar Salad w/Dressing Breaded Veal Parmesan Penne Pomodoro Steamed Cauliflower Soft Breadstick Raspberry Filled Cookie DIET COOKIE</p>	<p>15 Happy Birthday Garden Salad w/Dressing Chicken Stew Roasted Potatoes Peas and Carrots Whole Wheat Dinner Roll Frosted Birthday Cupcake DIET CAKE</p>	<p>16 Brunch 100% Juice Cheese Omelet w/Diced LS Ham Sautéed Peppers and Onions Home Fries Sliced Whole Wheat Bread Grape Jelly Tropical Fruit</p>	<p>17 100% Juice Pork Cacciatore Brown Rice Sautéed Spinach with Garlic Dinner Roll Sliced Peaches</p>
<p>20 PRESIDENTS' DAY  NO MEAL DELIVERY</p>	<p>21 100% Juice American Chop Suey w/Elbow Macaroni Extra Sauce 3rd Compartment Green Beans Sliced Italian Bread Chocolate Chip Cookie DIET COOKIE</p>	<p>22 ASH WEDNESDAY 100% Juice Tuna Salad on a Bed of Lettuce Macaroni Salad Three Bean Salad Club Roll Sliced Peaches</p>	<p>23 100% Juice Breaded Chicken Marsala w/Mushrooms Mashed Potatoes Mixed Vegetable Medley Whole Wheat Dinner Roll Banana</p>	<p>24 Garden Salad w/Dressing Salmon Burger w/Tartar Sauce Rice Pilaf Buttered Corn Whole Wheat Hamburger Roll Diced Pears</p>
<p>27 100% Juice Oven Fried Chicken w/Brown Gravy Sweet Potatoes Green Beans Sliced Whole Wheat Bread Apple</p>	<p>28 Garden Salad w/Dressing Stuffed Shells w/Meat Sauce Extra Sauce 3rd Compartment Sautéed Spinach w/Garlic Sliced Italian Bread Bread Pudding DIET DESSERT</p>	<p>29 100% Juice Salisbury Steak w/Gravy Mashed Potatoes Sliced Carrots Whole Wheat Dinner Roll Sliced Peaches</p>	<p>SUGGESTED DONATION: \$3.00 PER MEAL Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700</p>	<p>Please call in cancellations at least 24 hours in advance. ***** A meal cannot be left unless a clean cooler w/frozen ice is available. Thank you!</p>

We at Marra Meal Services prepare the food with the best possible ingredients sourced from top quality vendors. There is no MSG, no high sodium flavor bases, no added salt or additional fat used in the cooking process. All of the cooking encompasses steaming, braising, stewing, and slow convection cooking, thus promoting healthier meals. Menu items are subject to change. ** Breaded Items indicated**

Be Good to Your Heart on Valentine's Day and All Year Long

Valentine's Day is upon us and February is American Heart Month. This is a great time to celebrate your heart and recognize how hard it works for you. Show your heart some love now and throughout the rest of your life with these five simple healthy ♥aging tips:



- **Be sweet** — Instead of chocolate, try blueberries or strawberries. These heart healthy treats are filled with natural antioxidants that can help keep your arteries open.
- **Move to the beat** — Grab a partner and do some fancy footwork. Any activity that gets you moving — like dancing or walking — can help increase blood circulation, reduce stress, and protect your heart.
- **Do your thing** — Activities like painting, reading, writing, yoga, and meditation can help slow your heart and breathing rates and lower your blood pressure, all of which are good for your body and your heart.
- **Avoid tobacco** — If you do smoke, join a support group to help you quit and talk to your doctor about medications that can help increase your chances of kicking the habit. If you don't smoke, then avoiding second hand smoke may also help protect your heart, lungs, and blood vessels.
- **Maintain a healthy weight** — If you are overweight, losing as little as 10 pounds can make a difference and lower your risk of heart problems.

Living a healthy lifestyle can help your heart stay strong, so you can live —
and love — for years to come.

HAPPY VALENTINE'S DAY FROM ALL OF US AT MEALS ON WHEELS OF RI