




MEALS ON WHEELS OF RI HOME DELIVERED MENU – December 2024

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Catered by TRIO Community Meals

Menu subject to change

#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken with Gravy Roasted Sweet Potatoes Collard Greens Oatmeal Bread Cinnamon Bites	3 Lasagna Rolls with Bolognese Sauce Tuscany Vegetables Vienna Bread Hot Caramelized Pears	4 Cheeseburger Rice pilaf Green Beans WW Hamburger Roll Mixed Fruit	5 Pork Oriental Lo Mein Noodles Asian Vegetables Whole Wheat Roll Applesauce	6 Sloppy Joe Tater Tots Scandinavian Vegetables Whole Wheat Hamburger Bun Fresh Banana
9 Chicken Fajitas Brown Rice & Beans Chuckwagon Vegetables Tortilla Clementine's (2)	10 Pasta with Meat Sauce Italian Vegetables Whole Wheat Dinner Roll Parmesan Cheese Hot Cinnamon Apples	11 Chicken Ziti & Broccoli Casserole** California Vegetables Cracked Wheat Bread Vanilla Bites	12 Pot Roast with Gravy Oven Roasted Potatoes Butternut Squash & Apples White Dinner Roll Mixed Fruit	13 Baked Cod with Honey Garlic Sauce Brown Rice Pilaf Asian Vegetables Whole Wheat Dinner Roll SF Lemon Cookie
STATEWIDE DOUBLE 16 Chicken Stew Green Beans Corn Muffin Hot Cinnamon Pears	17 Meatball Stroganoff** Buttered Noodles Broccoli Wheat Bread Raisins	STATEWIDE DOUBLE 18 Creamy Country Chicken Roasted Potato Green Beans Vienna Bread Fresh Banana	19 Roast Pork w/ Apple Cider Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll SF Vanilla Pudding	20 Swiss Cheese Omelet Home Fries Peppers & Onions Snack Loaf Yogurt
23 Ribeque Tater Tots Scandinavian Vegetables WW Hamburger Roll Diced Peaches	HOLIDAY MOWRI CLOSED 24 Hawaiian Chicken over White rice Zucchini Hot cinnamon Peaches	HOLIDAY MOWRI CLOSED 25 Turkey w/ Gravy Mashed Potato Green Beans Cran-Orange Muffin Apple Pies	STATEWIDE DOUBLE 26 Chicken Oriental White Rice Zucchini Corn Muffin Fresh Pear	27 Meatloaf with Gravy Baked Potato Half Green Peas Sour Cream Whole Wheat Bread Blueberry Bites
STATEWIDE DOUBLES 30 Chicken Florentine White Rice Carrots Wheat Bread Animal Crackers	HOLIDAY MOWRI CLOSED 31 Turkey Shepard's Pie Mixed Veggies Hot cinnamon Apples Dinner Roll Graham Cracker	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	<u>VOLUNTARY SUGGESTED DONATION:</u> \$3.00 PER MEAL Cash, Check, Money Order, SNAP, PayPal Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700	

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 to 350 degrees F - Place meal on cookie sheet, peel back lid to vent & reheat for 10 minutes max

WGR – whole grain

SF = sugar free

LS = low sodium OR low sugar



Meals on Wheels
OF RHODE ISLAND

We have a statewide double delivery on the 16th for office being closed on 12/24/24.

We have a statewide double delivery on 18th for office being closed on 12/25/24.

We have a statewide double delivery on the 16th for office being closed on 12/31/24.

We have a statewide double delivery on the 30th for office being closed on 1/1/25.