


**MEALS ON WHEELS OF RI  
HOME DELIVERED MENU – JUNE 2019**

*Menu subject to change*

*Catered by: Lindley Food Service*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatloaf w/Brown Gravy Mashed Potatoes Diced Beets Multigrain Bread SF Cookie	4 Chicken Cordon Blue Garlic Mashed Potatoes Country Style Vegetables Oatmeal Bread Lemon Pudding <b>DIET: Applesauce</b>	5 Grilled Salmon Strips Salad over Mixed Greens Tomato & Cucumber Italian Dressing Packet Pasta Salad Mini Kaiser Roll Raisins	6 Pot Roast w/Brown Gravy Roasted Sweet Potatoes Baby Carrots Whole Grain Dinner Roll SF Jell-O	7 Macaroni and Cheese w/Crumb Topping Stewed Tomatoes Zucchini Cracked Wheat Bread Fresh Pear
10 American Chop Suey French Green Beans Whole Grain Bread Chocolate Pudding <b>DIET: Applesauce</b> <i>2 compartment tray</i>	11 Beef Tips w/Sherry Thyme Sauce Buttered Noodles Peas & Carrots Whole Grain Dinner Roll Cinnamon Cookie Bites	12 Roast Pork w/Honey Garlic Sauce Garlic Mashed Potatoes Peas & Onions Sliced Whole Grain Bread Honeydew Melon	13 <b>Statewide Double Meals</b> <b>Cold Meal – Do Not Reheat</b> Italian Grinder Pasta Vinaigrette Salad Three Bean Salad 6" Grinder Roll Fresh Apple	14 <b>Meal delivered Thu., 6/13</b> Chicken Penne Broccoli in Alfredo Sauce Extra broccoli 2 <sup>nd</sup> compartment Whole Grain Dinner Roll Cinnamon Peaches <i>2 compartment tray</i> <b>Meals on Wheels Closed</b>
17 Hot Dog Ketchup/Mustard Packets Molasses Baked Beans Carrot Coins Whole Grain Hamburger Bun Applesauce	18 Diced Chicken Teriyaki Over Lo Mein Oriental Vegetables Fortune Cookie Whole Grain Dinner Roll Pineapple Tidbits <i>2 compartment tray</i>	19 Unbreaded Pollock w/Sour Orange Sauce Rice Pilaf Green Beans Oatmeal Bread Frosted Cupcake <b>DIET: SF Cookie</b>	20 Raviolis w/Meat Sauce Parmesan Cheese Packet Brussel Sprouts Extra sauce 3 <sup>rd</sup> compartment Garlic Roll Fresh Orange	21 <b>Summer Begins</b> Roasted Turkey w/Gravy Cranberry Sauce Apple-Butternut Squash Mashed Potatoes Sliced Whole Grain Bread Lorna Doone Cookies
24 Breaded Crunchy Fish Tartar Sauce Packet Potato Wedges Zucchini Bulkie Roll Raspberry Cookie <b>DIET: SF Cookie</b>	25 BBQ Pork Riblets Vegetarian Baked Beans Succotash Whole Grain Corn Muffin Applesauce	26 Provolone Cheese Omelet O'Brien Potatoes Spinach Blueberry Muffin Cantaloupe	27 <b>Cold Meal-Do Not Reheat</b> Chicken Salad Macaroni Salad Tomato & Cucumber Salad Mini Kaiser Roll Diced Peaches	28 Diced Chicken Scallopini Egg Noodles Tuscany Vegetables Whole Grain Bread Fresh Stone Fruit
<b>SUGGESTED DONATION: \$3.00 PER MEAL</b> <i>Make checks payable to: Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700</i>	<b>Please call in meal cancellations no later than 10:00 am the day before. You must be home to receive your meal. For your safety &amp; well-being coolers are not allowed.</b>	Friday, June 14 <sup>th</sup> – <i>Flag Day</i>  Sunday, June 16 <sup>th</sup> <i>Happy Father's Day</i>	<i>Meals on Wheels of RI is a non-profit organization funded in part by the U.S. Administration on Aging (AoA) &amp; state funds through the RI Division of Elderly Affairs.</i>	<b>Did you know that Tue - Fri we can schedule a meal delivery in advance of your scheduled appointments? Provide at least 2 business days advance notice &amp; you may not have to miss a meal.</b>

**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

## **Avoid getting sick from your food**

Food can become unsafe for many reasons. It might get spoiled by germs like bacteria, viruses, or fungi-like molds. These may already be in the food or they could be added to the food during unsafe food preparation. In either case, the food might look fine, but could make you very sick. As you age, it is more important to keep food safe because it is harder for you to fight off these bacteria and viruses.

## **Changing Taste and Smell**

As you age, your sense of taste and smell might change. Medication might also change how you taste foods. If you cannot taste or smell when your food is spoiled, be extra careful about how you handle your food.

## **When in Doubt, Throw it out!**



## **Tips for Smart Storage:**

- √ Store food properly - if label says “refrigerate after opening,” follow label to be food safe
- √ Keeping foods cold can slow bacteria from growing. Your refrigerator should always be 40°F or below. The freezer should be at 0°F or below. Check that they are at the correct temperature by putting a thermometer in the refrigerator/freezer.
- √ After shopping, put food in the refrigerator within 2 hours. If the outside temperature is over 90°F, refrigerate within 1 hour.
- √ Store canned and packaged items in a cool place
- √ Always check the expiration date on the label
- √ Try to use refrigerated leftovers within 3 or 4 days to reduce your risk of food poisoning  
Food that require reheating should be reheated to a temperature of at least 165 degrees.
- √ Put leftovers in a clean, small container that is covered and dated.