

Meals On Wheels of Tampa Menu

Please note that during these especially difficult times our menus may not accurately reflect the meals that will be served. We thank you in advance for your patience and understanding.

August 2020

3 Beef Tips w/ Onions, Peppers, Mushrooms Oriental Noodles Vegetable Eggroll	4 Roast Loin of Pork w/ Yellow Rice, Gravy Black Beans Medley Sweet Plantains	5 Chicken Parm w/ Whole Wheat Spaghetti Warmed Apples Green Beans	6 Sliced Beef w/ Mushrooms, Gravy Wild Rice with Olives Steamed Mixed Carrots Coins	7 Chicken Fajita w/ Onions and Peppers Red Roasted Potatoes Mixed Spring Vegetables	8
10 Beef Stew Wide Whole Wheat Egg Noodles Spinach Medley	11 Roasted Chicken Breast w/ Yellow Rice Pinto Beans Caribbean Vegetables	12 Meatballs w/ Spaghetti Broccoli Florets Sliced Carrots	13 Chicken Cutlet w/ Wild Rice Fiesta Corn Mixed Spring Vegetables	14 Turkey Sausage w/ Whole Wheat Spaghetti Green Beans Warm Apples	15
17 Chicken Picatta w/ Angel Hair Pasta Broccoli Florets Corn Medley	18 Meat Loaf w/ Creamy Potato, Gravy Carrot Coins Tomato Stew with Zucchini	19 Marinated Chicken Breast Sautéed Green-Red Peppers & Zucchini Mediterranean Chick Peas	20 Caribbean Sliced Roast Pork w/ Yellow Rice Pinto Beans Medley Green Beans	21 Chicken Parm w/ Meat Sauce and Cheese Key West Blend Vegetables Warm Pears	22 Produce On Wheels Delivery
24 Chicken Cutlet w/ Mashed Potato Carrot Coins with Butter Sautéed Zucchini w/ Onions & Tomato	25 BBQ Marinated Pork w/ Rice Pilaf Caribbean Blend Vegetables Navy Beans	26 Salisbury Steak Sweet Corn Medley Vegetarian Baked Beans	27 Stuffed Chicken Brown Rice Steamed Italian Veggies	28 Sliced Turkey w/ Stuffing Sweet Mashed Potato California Vegetables	29
31 Beef Tips w/ Onions, Peppers, Mushrooms Oriental Noodles Vegetable Eggroll	1	2	3	4	5