

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.

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Beef Tips w/ Onions, Peppers, Mushrooms Oriental Noodles Vegetable Eggroll	1 Roast Loin of Pork w/ Yellow Rice, Gravy Black Beans Medley Sweet Plantains	2 Chicken Parm w/ Whole Wheat Spaghetti Warmed Apples Green Beans	3 Sliced Beef w/ Mushrooms, Gravy Wild Rice with Olives Steamed Mixed Carrots Coins	4 Chicken Fajita w/ Onions and Peppers Red Roasted Potatoes Mixed Spring Vegetables	5
7 Beef Stew Wide Whole Wheat Egg Noodles Spinach Medley	8 Roasted Chicken Breast w/ Yellow Rice Pinto Beans Caribbean Vegetables	9 Meatballs w/ Spaghetti Broccoli Florets Sliced Carrots	10 Chicken Cutlet w/ Wild Rice Fiesta Corn Mixed Spring Vegetables	11 Turkey Sausage w/ Whole Wheat Spaghetti Green Beans Warm Apples	12
14 Chicken Picatta w/ Angel Hair Pasta Broccoli Florets Corn Medley	15 Meat Loaf w/ Creamy Potato, Gravy Carrot Coins Tomato Stew with Zucchini	16 Marinated Chicken Breast Sautéed Green-Red Peppers & Zucchini Mediterranean Chick Peas	17 Caribbean Sliced Roast Pork w/ Yellow Rice Pinto Beans Medley Green Beans	18 Chicken Parm w/ Meat Sauce and Cheese Key West Blend Vegetables Warm Pears	19 Produce On Wheels Delivery
21 Chicken Cutlet w/ Mashed Potato Carrot Coins with Butter Sautéed Zucchini w/ Onions & Tomato	22 BBQ Marinated Pork w/ Rice Pilaf Caribbean Blend Vegetables Navy Beans	23 Salisbury Steak Sweet Corn Medley Vegetarian Baked Beans	24 Stuffed Chicken Brown Rice Steamed Italian Veggies	25 Sliced Turkey w/ Stuffing Sweet Mashed Potato California Vegetables	26
28 Beef Tips w/ Onions, Peppers, Mushrooms Oriental Noodles Vegetable Eggroll	29 Roast Loin of Pork w/ Yellow Rice, Gravy Black Beans Medley Sweet Plantains	30 Chicken Parm w/ Whole Wheat Spaghetti Warmed Apples Green Beans	1	2	3