

## 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.

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Sliced Beef w/ Mushrooms, Gravy Wild Rice with Olives Steamed Mixed Carrots Coins	2 Chicken Fajita w/ Onions and Peppers Red Roasted Potatoes Mixed Spring Vegetables	3
5 Beef Stew Wide Whole Wheat Egg Noodles Spinach Medley	6 Roasted Chicken Breast w/ Yellow Rice Pinto Beans Caribbean Vegetables	7 Meatballs w/ Spaghetti Broccoli Florets Sliced Carrots	8 Chicken Cutlet w/ Wild Rice Fiesta Corn Mixed Spring Vegetables	9 Turkey Sausage w/ Whole Wheat Spaghetti Green Beans Warm Apples	10
12 Chicken Picatta w/ Angel Hair Pasta Broccoli Florets Corn Medley	13 Meat Loaf w/ Creamy Potato, Gravy Carrot Coins Tomato Stew with Zucchini	14 Marinated Chicken Breast Sautéed Green-Red Peppers & Zucchini Mediterranean Chick Peas	15 Caribbean Sliced Roast Pork w/ Yellow Rice Pinto Beans Medley Green Beans	16 Chicken Parm w/ Meat Sauce and Cheese Key West Blend Vegetables Warm Pears	17 Produce On Wheels Delivery
19 Chicken Cutlet w/ Mashed Potato Carrot Coins with Butter Sautéed Zucchini w/ Onions & Tomato	20 BBQ Marinated Pork w/ Rice Pilaf Caribbean Blend Vegetables Navy Beans	21 Salisbury Steak Sweet Corn Medley Vegetarian Baked Beans	22 Stuffed Chicken Brown Rice Steamed Italian Veggies	23 Sliced Turkey w/ Stuffing Sweet Mashed Potato California Vegetables	24
26 Beef Tips w/ Onions, Peppers, Mushrooms Oriental Noodles Vegetable Eggroll	27 Roast Loin of Pork w/ Yellow Rice, Gravy Black Beans Medley Sweet Plantains	28 Chicken Parm w/ Whole Wheat Spaghetti Warmed Apples Green Beans	29 Sliced Beef w/ Mushrooms, Gravy Wild Rice with Olives Steamed Mixed Carrots Coins	30 Chicken Fajita w/ Onions and Peppers Red Roasted Potatoes Mixed Spring Vegetables	31