

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.

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Beef Stew Wide Whole Wheat Egg Noodles Spinach Medley	3 Roasted Chicken Breast w/ Yellow Rice Pinto Beans Caribbean Vegetables	4 Meatballs w/ Spaghetti Broccoli Florets Sliced Carrots	5 Chicken Cutlet w/ Wild Rice Fiesta Corn Mixed Spring Vegetables	6 Chicken Alfredo w/ Whole Wheat Spaghetti Green Beans Warm Apples	7
9 Chicken Picatta w/ Angel Hair Pasta Broccoli Florets Corn Medley	10 Meat Loaf w/ Creamy Potato, Gravy Carrot Coins Tomato Stew with Zucchini	11 Marinated Chicken Breast Sautéed Green-Red Peppers & Zucchini Mediterranean Chick Peas	12 Caribbean Sliced Roast Pork w/ Yellow Rice Pinto Beans Medley Green Beans	13 Chicken Parm w/ Meat Sauce and Cheese Key West Blend Vegetables Warm Pears	14
16 Chicken Cutlet w/ Mashed Potato Carrot Coins with Butter Sautéed Zucchini w/ Onions & Tomato	17 BBQ Marinated Pork w/ Rice Pilaf Caribbean Blend Vegetables Navy Beans	18 Salisbury Steak Sweet Corn Medley Vegetarian Baked Beans	19 Stuffed Chicken Brown Rice Steamed Italian Veggies	20 Sliced Turkey w/ Stuffing Sweet Mashed Potato California Vegetables	21
23 Beef Tips w/ Onions, Peppers, Mushrooms Oriental Noodles Vegetable Eggroll	24 Roast Loin of Pork w/ Yellow Rice, Gravy Black Beans Medley Sweet Plantains	25 Chicken Parm w/ Whole Wheat Spaghetti Warmed Apples Green Beans	26 SPECIAL HOLIDAY MEAL!! Sliced Turkey with Dressing Sweet Potato with Marshmellow Green Beans	27 Chicken Fajita w/ Onions and Peppers Red Roasted Potatoes Mixed Spring Vegetables	28
29 Beef Stew Wide Whole Wheat Egg Noodles Spinach Medley	30 Roasted Chicken Breast w/ Yellow Rice Pinto Beans Caribbean Vegetables				