

## 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.

January 2021

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