

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.

December 2020

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