

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.

April 2021

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