

**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.

**May 2021**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
					<b>1</b>
<b>3</b> Chicken Cutlet w/ Mashed Potato Carrot Coins with Butter Green Beans w/ Onions & Tomato	<b>4</b> BBQ Marinated Pork w/ Rice Pilaf Caribbean Blend Vegetables Navy Beans	<b>5</b> Salisbury Steak with Mushrooms Sweet Corn Medley Vegetarian Baked Beans	<b>6</b> Stuffed Chicken Brown Rice Steamed Italian Veggies	<b>7</b> Sliced Turkey w/ Stuffing Sweet Mashed Potato California Vegetables	<b>8</b>
<b>10</b> Pepper Steak w/ Onions, Peppers, Mushrooms Oriental Noodles Broccoli	<b>11</b> Roast Loin of Pork w/ Yellow Rice, Gravy Black Beans Medley Sweet Plantains	<b>12</b> Chicken Parm w/ Whole Wheat Spaghetti Warmed Apples Green Beans	<b>13</b> Sliced Beef with Mushroom Gravy Wild Rice Carrot Coins	<b>14</b> Chicken Fajita w/ Onions and Peppers Brown Rice Mixed Spring Vegetables	<b>15</b> Hurricane Bag Delivery
<b>17</b> Beef Stew Wide Whole Wheat Egg Noodles Spinach Medley	<b>18</b> Roasted Chicken Breast w/ Yellow Rice Pinto Beans Caribbean Vegetables	<b>19</b> Meatballs w/ Spaghetti Broccoli Florets Sliced Carrots	<b>20</b> Chicken Cutlet w/ Wild Rice Fiesta Corn Mixed Spring Vegetables	<b>21</b> Chicken Alfredo w/ Whole Wheat Spaghetti Green Beans Warm Apples	<b>22</b>
<b>24</b> Chicken Picatta w/ Angel Hair Pasta Broccoli Florets Corn Medley	<b>25</b> Meat Loaf w/ Creamy Potato, Gravy Carrot Coins Tomato Stew with Zucchini	<b>26</b> Marinated Chicken Breast w/Yellow Rice Sautéed Green-Red Peppers & Zucchini Mediterranean Chick Peas	<b>27</b> Caribbean Sliced Roast Pork w/ Yellow Rice Pinto Beans Medley Green Beans	<b>28</b> Chicken Parm w/ Marinara Key West Blend Vegetables Warm Pears	<b>29</b>
<b>31</b> Office Closed Holiday Meal Delivered Early					<b>1</b>