

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.

July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Stuffed Pasta Steamed Italian Veggies Apples	2 Chicken Tenders Roasted Potatoes California Vegetables	3
5 Holiday Meal	6 Pepper Steak w/Onion, Pepper, Mushroom Brown Rice Broccoli	7 Chicken Parm w/Whole Wheat Spaghetti Warmed Apples Green Beans	8 Sliced Beef w/Mushroom Gravy Wild Rice Carrot Coins	9 Chicken Fajita w/Onions and Peppers Brown Rice Sweet Corn	10
12 Beef Stew Wide Whole Wheat Egg Noodles Spinach Medley	13 Roasted Chicken Breast w/Yellow Rice Pinto Beans Caribbean Vegetables	14 Meatballs w/Spaghetti Broccoli Florets Sliced Carrots	15 Chicken Cutlet w/Wild Rice Fiesta Corn Mixed Spring Vegetables	16 Chicken Alfredo w/Whole Wheat Spaghetti Green Beans Warm Apples	17 Produce Delivery
19 Chicken Picatta w/Whole Grain Pasta Broccoli Florets Corn Medley	20 Salisbury Steak Carrot Coins Green Beans w/Diced Tomatoes	21 Marinated Chicken Breast w/Yellow Rice Roasted Green-Red Peppers & Zucchini Mediterranean Chick Peas	22 Caribbean Sliced Roast Pork w/Yellow Rice Pinto Beans Medley Green Beans	23 Chicken Parm w/Marinara Key West Blend Vegetables Warm Pears	24
26 Chicken Cutlet w/Mashed Potato Carrot Coins with Butter Green Beans w/Onions & Tomato	27 BBQ Pulled Pork w/Rice Pilaf Caribbean Blend Vegetables Navy Beans	28 All Beef Burger Sweet Corn Medley Vegetarian Baked Beans	29 Stuffed Pasta Steamed Italian Veggies Apples	30 Chicken Tenders Roasted Potatoes California Vegetables	31