



Meals On Wheels of Tampa Fall/Winter Menu
October 2021

				1 White Bean Turkey Chili Brown Rice Buffalo Cauliflower
4 Orange Ginger Chicken with Fried Rice Asian Vegetables Mini Egg Roll	5 Chicken & Turkey Chorizo Gumbo over Brown Rice Okra and Tomatoes Corn Bread	6 Sliced Beef with Mushrooms Roasted Potatoes Honey Carrots	7 Vegetable Lasagna Winter Mix Vegetables Warm Spiced Apples	8 Chicken Alfredo with Whole Grain Fettuccine Steamed Broccoli Warm Peaches
11 Popcorn Chicken Bowl with Mashed Potatoes Sweet Corn Green Beans	12 Sliced Pork with Yellow Rice Black Beans Plantains	13 Chicken Enchilada Casserole Chayote Squash Fiesta Corn	14 Baked Ziti with Chicken Seasoned Broccoli Fruit Compote	15 Red Beans and Rice Broccoli & Mushrooms Collard Greens
18 Beef Stew with Potatoes over Egg Noodles Spinach Butternut Squash	19 Sweet and Sour Chicken with Brown Rice Vegetable Stir Fry Roasted Cabbage	20 Chopped Steak w/ Tomato Gravy over Mashed Potatoes Peas and Pearl Onions Vegetable Medley	21 Pulled Chicken and Orzo Green Beans Roasted Beets	22 Turkey Tetrazzini Winter Mix Vegetables Apple Crisp
25 Chicken Pot Pie with Biscuit Lima Beans Spiced Pears	26 Pulled Pork with Exotic Rice Roasted Sweet Potato & Zucchini Spiced Pineapple	27 Baked Potato with Beans, Turkey Bacon, Cheese and chives Steamed Broccoli Carrots	28 Baked Chicken over Quinoa Blend Chuckwagon Corn Roasted Brussel Sprouts	29 White Bean Turkey Chili Brown Rice Buffalo Cauliflower

All menu items are subject to change according to product availability. Thank you in advance for your understanding.