



Meals On Wheels of Tampa Fall/Winter Menu
November 2021

1 Orange Ginger Chicken with Fried Rice Asian Vegetables Mini Egg Roll	2 Chicken & Turkey Chorizo Gumbo over Brown Rice Okra and Tomatoes Corn Bread	3 Sliced Beef with Mushrooms Roasted Potatoes Honey Carrots	4 Vegetable Lasagna Winter Mix Vegetables Warm Spiced Apples	5 Chicken Alfredo with Whole Grain Fettuccine Steamed Broccoli Warm Peaches
8 Popcorn Chicken Bowl with Mashed Potatoes Sweet Corn Green Beans	9 Sliced Pork with Yellow Rice Black Beans Plantains	10 Chicken Enchilada Casserole Chayote Squash Fiesta Corn	11 Baked Ziti with Chicken Seasoned Broccoli Fruit Compote	12 Red Beans and Rice Broccoli & Mushrooms Collard Greens
15 Beef Stew with Potatoes over Egg Noodles Spinach Butternut Squash	16 Sweet and Sour Chicken with Brown Rice Vegetable Stir Fry Roasted Cabbage	17 Chopped Steak w/ Tomato Gravy over Mashed Potatoes Peas and Pearl Onions Vegetable Medley	18 Pulled Chicken and Orzo Green Beans Roasted Beets	19 Turkey Tetrazzini Winter Mix Vegetables Apple Crisp
22 Chicken Pot Pie with Biscuit Lima Beans Spiced Pears	23 Pulled Pork with Exotic Rice Roasted Sweet Potato & Zucchini Spiced Pineapple	24 Baked Potato with Beans, Turkey Bacon, Cheese and chives Steamed Broccoli Carrots	25 Holiday Meal	26 White Bean Turkey Chili Brown Rice Buffalo Cauliflower
29 Orange Ginger Chicken with Fried Rice Asian Vegetables Mini Egg Roll	30 Chicken & Turkey Chorizo Gumbo over Brown Rice Okra and Tomatoes Corn Bread			

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