



Meals On Wheels of Tampa Fall/Winter Menu
January 2022

3 Popcorn Chicken Bowl w/ Mashed Potatoes Sweet Corn Green Beans	4 Spaghetti and Beef Meatballs w/Marinara Italian Seasoned Cauliflower Garlic Herb Carrot Rounds	5 Shepherd's Pie Seasoned Broccoli Baked Spiced Apples	6 Chicken Cacciatore w/ Whole Grain Rotini Pasta Roasted Brussel Halves Fruit Compote	7 Roasted Pork Chop w/ Wild Rice Creole Seasoned Red Beans Southern Collards Salad: Chicken
10 Korean BBQ Chicken w/Fried Rice Mini Egg Rolls Stir Fry Vegetables	11 Steak Burger w/ Whole Grain Bun Garlic Roasted Heirloom Potatoes Steamed Broccoli	12 Cheese Ravioli w/ Pesto Cream Sauce Primavera Vegetables Spring Peach Cobbler	13 Beef Picadillo w/ Yellow Rice Roasted Chayote Squash Sweet Plantains	14 Chicken & Dumplings Baby Butter Beans Spring Vegetables Salad: Egg
17 Stuffed Chicken Kiev Roasted Red Potatoes Seasoned Corn	18 Loaded Baked Potato w/ Vegetarian Chili Steamed Broccoli Crinkle Cut Carrots	19 Marinated Pork Loin w/ Brown Rice Asian Vegetable Medley Mini Egg Rolls	20 Baked Macaroni & Cheese w/Garlic Parmesan Crumbs Seasoned Green Beans Roasted Sweet Potatoes	21 Curried Chicken Breast w/ Lemon Cream Gravy over Wild Rice Minted Peas Oven Roasted Pear Compote Salad: Tuna
24 Lasagna Primavera Italian Green Beans Apple Crisp	25 Lemon Basil Chicken w/ Cous Cous Seasoned Corn Oven Roasted Zucchini	26 Chopped Steak w/ Tomato Basil Ragù Creamy Mashed Potatoes Garlic Herbed Carrot Rounds	27 Vegetarian White Bean Chili w/ Brown Rice Buffalo Cauliflower Baked Spring Peaches	28 Chicken Parmesan w/ Whole Grain Spaghetti Steamed Broccoli Seasoned Summer Squash Salad: Pasta
31 Popcorn Chicken Bowl with Mashed Potatoes Sweet Corn Green Beans				

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