

Meals On Wheels of Tampa HEART HEALTHY SUMMER Menu – September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Holiday Meal	2 4 oz Beef Picadillo over ½ c. Yellow Rice ½ c. Plantains ½ c. Seasoned Black Beans <i>Sodium 760</i>	3 4 oz. Chicken Tetrazzini over 2oz Whole Grain Spaghetti ½ c. Steamed Carrot Coins ½ c. Zucchini <i>Sodium 430</i>	4 4 oz Pork Riblet with Korean BBQ Sauce over ½ c. White Rice ½ c. Asian Blend Veggies ½ c. Asian Cabbage <i>Sodium 750</i>	5 Chicken Salad Croissant Sandwich with lettuce & tomato ½ c. Italian Pasta Salad ½ c. Fresh Tropical Fruit Chunks <i>Sodium 860</i>
8 5 oz Lasagna Primavera ½ c. Italian Green Beans ½ c. California Blend Vegetables <i>Sodium 410</i>	9 5oz Beef & Bean Burrito with ½ c Yellow Rice ½ c. Frijoles ½ c. Broccoli <i>Sodium 800</i>	10 4 oz Tuscan Chicken over ½ c. Penne Pasta ½ c. Roasted Cauliflower ½ c. Carrots <i>Sodium 780</i>	11 4 oz BBQ Pulled Pork with ½ c. Macaroni & Cheese ½ c. Green Beans 1 Corn Bread <i>Sodium 690</i>	12 4oz Swedish Meatballs over ½ c. Mashed Potato ½ c. Scandinavian Blend Veggies ½ c. Cranberry Sauce <i>Sodium 790</i>
15 5oz Mediterranean Pasta Sauce with ½ c. Spaghetti ½ c. Parisian Carrots ½ c. Zucchini <i>Sodium 620</i>	16 3 oz Chicken Enchiladas w/ sauce ½ c. Spanish Rice ½ c Mexican Street Corn <i>Sodium 820</i>	17 4 oz Beef Stroganoff over 2 oz Egg Noodles ½ c. Capri Blend Vegetables ½ c. Broccoli <i>Sodium 530</i>	18 5 oz Hawaiian Fried Rice (Ham) ½ c. Asian Blend Veggies 2 Vegetable & Chicken Potstickers <i>Sodium 800</i>	19 3 oz Cheeseburger on 2 oz WholeWheat Bun ½ c. Seasoned potato wedges ½ c. Green Beans <i>Sodium 760</i>
22 4 oz Cheese Manicotti with Lemon Pesto Cream Sauce ½ c. Peas ½ c. Capri Blend Vegetables <i>Sodium 600</i>	23 3oz Chicken Empanada with with ½ c Spanish Rice ½ c. Refried Beans ½ c. Mixed Veggies <i>Sodium 720</i>	24 5 oz Beef Ragu with over ½ c. Pasta ½ c. Steamed Broccoli ½ c. Seasoned Carrots <i>Sodium 550</i>	25 4 oz Chicken Cordon Bleu with ½ c. Roasted Potatoes ½ c. Green Beans ½ c. Chuckwagon Corn <i>Sodium 840</i>	26 4oz Southern Braised Beef Tips over ½ c. Mashed Potatoes ½ c. Steamed Peas ½ c. Stewed Tomato <i>Sodium 810</i>
29 4oz Cheese Stuffed Ravioli with Sundried Tomato Cream Sauce ½ c. Broccoli ½ c. Steamed Carrots <i>Sodium 740</i>	30 4 oz Beef Picadillo over ½ c. Yellow Rice ½ c. Plantains ½ c. Seasoned Black Beans <i>Sodium 760</i>			

Each heart healthy meal provides: 3 to 4 oz of protein, a maximum of two ½ cup servings of vegetables or one ½ cup vegetable and one ½ cup fruit, ¼ to ½ cup of whole grain, and less than 900 mg of sodium per meal. Please Note: All nutritional information listed reflects the meal itself. It does not include any “extras” that may be provided with the meals - such as sides, salads, desserts, etc.

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