

Meals On Wheels of Tampa HEART HEALTHY FALL/WINTER Menu – October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 6 oz. Shepard's Pie top with 1 oz Cheddar Cheese ½ c. Green Beans ½ c. Buttered Carrots <i>Sodium 740</i>	2 4 oz Tuscan Chicken over 2 oz Wheat Penne Pasta ½ c. California Blend Vegetables ½ c. Cinnamon Apples <i>Sodium 810</i>	3 3 oz Orange Glazed Chicken over ½ c. vegetable fried rice 2 Chicken Dumplings ½ c. Peas with Pearl Onions <i>Sodium 840</i>
6 4 oz Three Cheese Lasagna ½ c. Garlic Peas & Carrots ½ c. Normandy Blend Vegetables <i>Sodium 660</i>	7 3 oz Swiss Steak w/ gravy with 2 oz Scalloped Potatoes ½ c. Green Beans ½ c Yellow Squash <i>Sodium 560</i>	8 4 oz Chicken Alfredo over 2 oz Linguini Pasta ½ c. Broccoli ½ c. Buttered Carrots <i>Sodium 430</i>	9 4 oz Pork Carnitas Bowl over 1 cup Yellow Rice ½ c. Black Beans ½ c. Chefs Blend Vegetables <i>Sodium 820</i>	10 4 oz Chicken Marsala over 2 oz Bowtie Pasta ½ c. Corn ½ c. Spinach <i>Sodium 500</i>
13 4 oz Cheese Ravioli with Mushroom Cream Sauce ½ c. Diced Carrots ½ c. Italian Blend Vegetables <i>Sodium 810</i>	14 4 oz Chicken Cutlet w/ Garlic Parm over ½ c. Mashed Potatoes ½ c. Italian Green Beans ½ c. Butternut Squash <i>Sodium 810</i>	15 5 oz Beef Pepperoni Calzone ½ c. Wax Beans ½ c. Broccoli <i>Sodium 660</i>	16 5 oz Chicken Ranch Pasta ½ c. Garlic Peas ½ c. Parisian Carrots <i>Sodium 540</i>	17 6 oz Stuffed Pepper Casserole ½ c. Capri Blend Vegetables ½ c. Succotash <i>Sodium 420</i>
20 5 oz Turkey Pot Pie topped with a 2.25 oz Biscuit ½ c. Green Beans ½ c. Buttered Carrots <i>Sodium 650</i>	21 4 oz Homestyle Meatloaf w/ gravy ½ c. Mashed Potatoes ½ c. Fall Vegetable Blend <i>Sodium 700</i>	22 4 oz Teriyaki Chicken over 1 cup White Rice ½ c. Broccoli ½ c. Pepper Medley <i>Sodium 530</i>	23 3 oz Bratwurst over 2 oz Sweet & Sour Cabbage ½ c. O'Brien Potatoes ½ c. Capri Blend Vegetables <i>Sodium 870</i>	24 3 oz Beef Brisket Burnt Ends with 3 oz Macaroni & Cheese ½ c. Green Bean w/Pimentos ½ c. Cinnamon Apples <i>Sodium 760</i>
27 4oz Cheese Stuffed Shells with 2 oz Pomodoro Sauce ½ c. Broccoli ½ c. Cauliflower <i>Sodium 510</i>	28 5 oz Chicken Tamale with Green Sauce 1 cup Adobe Rice ½ c. Mixed Vegetables <i>Sodium 810</i>	29 6 oz. Shepard's Pie top with 1 oz Cheddar Cheese ½ c. Green Beans ½ c. Buttered Carrots <i>Sodium 740</i>	30 4 oz Tuscan Chicken over 2 oz Wheat Penne Pasta ½ c. California Blend Vegetables ½ c. Cinnamon Apples <i>Sodium 810</i>	31 3 oz Orange Glazed Chicken over ½ c. vegetable fried rice 2 Chicken Dumplings ½ c. Peas with Pearl Onions <i>Sodium 840</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.