

**Meals On Wheels of Tampa RENAL FRIENDLY FALL/WINTER Menu – December 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Baked Chicken Thigh</b> <b>White Couscous</b> <b>Boiled Cabbage</b> <b>Green Beans</b>	<b>2</b> <b>Baked Haddock</b> <b>Boiled Cauliflower</b> <b>Apples with cinnamon</b>	<b>3</b> <b>Pub Burger w/onions &amp; peppers</b> <b>Boiled Cauliflower</b> <b>Apples with cinnamon</b>	<b>4</b> <b>Roast Beef</b> <b>Boiled Chayote Squash</b> <b>Bolied Sweet Peas</b>	<b>5</b> <b>Baked Chicken Breast</b> <b>Roasted Peppers and Onions</b> <b>Boiled Collard Greens</b>
Sodium 67 Potassium 434 Phosphorus 166	Sodium 252 Potassium 534 Phosphorus 100	Sodium 322 Potassium 559 Phosphorus 235	Sodium 126 Potassium 495 Phosphorus 240	Sodium 273 Potassium 465 Phosphorus 234
<b>8</b> <b>Baked Chicken</b> <b>Barley with peppers and onions</b> <b>Boiled Green Beans</b>	<b>9</b> <b>Baked Haddock</b> <b>Boiled Broccoli</b> <b>Bolied Cauliflower</b>	<b>10</b> <b>Baked Chicken Thigh</b> <b>Boiled Peas with mint</b> <b>Bolied Carrots</b>	<b>11</b> <b>Baked Pork Loin</b> <b>Couscous with Pepers &amp; Onions</b> <b>Boiled Cabbage</b>	<b>12</b> <b>Baked Chicken</b> <b>White Rice</b> <b>Boiled Green Beans</b>
Sodium 230 Potassium 545 Phosphorus 218	Sodium 270 Potassium 601 Phosphorus 149	Sodium 110 Potassium 499 Phosphorus 206	Sodium 61 Potassium 520 Phosphorus 229	Sodium 230 Potassium 405 Phosphorus 230
<b>15</b> <b>Baked Chicken</b> <b>Boiled Cabbage</b> <b>Boiled Green Beans</b>	<b>16</b> <b>Baked Haddock</b> <b>Boiled Cauliflower</b> <b>Apples with cinnamon</b>	<b>17</b> <b>Pub Burger w/ onions &amp; peppers</b> <b>Boiled Cauliflower</b> <b>Apples with cinnamon</b>	<b>18</b> <b>Baked Chicken</b> <b>Boiled Broccoli</b> <b>Boiled Peas</b>	<b>19</b> <b>Beef Roast</b> <b>Boiled Summer Squash</b> <b>Bolied Cauliflower</b>
Sodium 320 Potassium 583 Phosphorus 338	Sodium 252 Potassium 534 Phosphorus 100	Sodium 322 Potassium 559 Phosphorus 235	Sodium 265 Potassium 577 Phosphorus 319	Sodium 114 Potassium 394 Phosphorus 200
<b>22</b> <b>Baked Chicken</b> <b>Barley with Peppers &amp; Onions</b> <b>Boiled Green Beans</b>	<b>23</b> <b>Baked Haddock</b> <b>Roasted Red Pepper</b> <b>Boiled Cauliflower</b>	<b>24</b> <b>Spaghetti with broccoli</b> <b>Yellow Squash</b> <b>Cauliflower</b>	<b>25</b>          <b>Holiday Meal</b>	<b>26</b> <b>Baked Chicken Thigh</b> <b>Boiled Cauliflower</b> <b>Apples with cinnamon</b>
Sodium 230 Potassium 545 Phosphorus 218	Sodium 230 Potassium 476 Phosphorus 95	Sodium 25 Potassium 511 Phosphorus 153		Sodium 87 Potassium 378 Phosphorus 154
<b>29</b> <b>Baked Chicken Thigh</b> <b>White Couscous</b> <b>Boiled Cabbage</b> <b>Green Beans</b>	<b>30</b> <b>Baked Haddock</b> <b>Boiled Cauliflower</b> <b>Apples with cinnamon</b>	<b>31</b> <b>Pub Burger w/onions &amp; peppers</b> <b>Boiled Cauliflower</b> <b>Apples with cinnamon</b>		
Sodium 67 Potassium 434 Phosphorus 166	Sodium 252 Potassium 534 Phosphorus 100	Sodium 322 Potassium 559 Phosphorus 235		

All seasoning used has only dry herbs and zero salt. The sodium, potassium, and phosphorus levels are calculated based on the following: 3oz cooked protein, 1/2 cup vegetable serving, grains are as follows - couscous 1/3 cup, white rice 1/4 cup and barley is 1/4 cup. 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.*