

Meals On Wheels of Tampa DIABETIC FALL/WINTER Menu – January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Holiday Meal	2 4 oz Chicken Marsala over 1 oz Bowtie Pasta ½ c. Corn ½ c. Spinach Carbs 62
5 4 oz Cheese Ravioli with Mushroom Cream Sauce ½ c. Diced Carrots ½ c. Italian Blend Vegetables Carbs 45	6 4 oz Chicken Cutlet w/ Garlic Parm over ¼ c. Mashed Potatoes ½ c. Italian Green Beans ½ c. Butternut Squash Carbs 43	7 5 oz Beef Pepperoni Calzone ½ c. Wax Beans ½ c. Broccoli Carbs 45	8 5 oz Chicken Ranch Pasta ½ c. Garlic Peas ½ c. Parisian Carrots Carbs 66	9 6 oz Stuffed Pepper Casserole ½ c. Capri Blend Vegetables ½ c. Succotash Carbs 52
12 5 oz Turkey Pot Pie topped with a 2.25 oz Biscuit ½ c. Green Beans ½ c. Buttered Carrots Carbs 46	13 4 oz Homestyle Meatloaf w/ gravy ½ c. Mashed Potatoes ½ c. Fall Vegetable Blend Carbs 29	14 4 oz Teriyaki Chicken over ¼ c. White Rice ½ c. Broccoli ½ c. Pepper Medley Carbs 63	15 3 oz Bratwurst over 2 oz Sweet & Sour Cabbage ½ c. O'Brien Potatoes ½ c. Capri Blend Vegetables Carbs 39	16 3 oz Beef Brisket Burnt Ends with 2 oz Macaroni & Cheese ½ c. Green Bean w/Pimentos ½ c. Cinnamon Apples Carbs 80
19 Holiday Meal	20 5 oz Chicken Tamale with Green Sauce 1 cup Adobe Rice ½ c. Mixed Vegetables Carbs 48	21 6 oz. Shepard's Pie top with 1 oz Cheddar Cheese ½ c. Green Beans ½ c. Buttered Carrots Carbs 35	22 4 oz Tuscan Chicken over 1 oz Wheat Penne Pasta ½ c. California Blend Vegetables ½ c. Cinnamon Apples Carbs 80	23 3 oz Orange Glazed Chicken over ¼ c. vegetable fried rice 2 Chicken Dumplings ½ c. Peas with Pearl Onions Carbs 67
26 4 oz Three Cheese Lasagna ½ c. Garlic Peas & Carrots ½ c. Normandy Blend Vegetables Carbs 80	27 3 oz Swiss Steak w/ gravy with 1 oz Scalloped Potatoes ½ c. Green Beans ½ c Yellow Squash Carbs 43	28 4 oz Chicken Alfredo over 1 oz Linguini Pasta ½ c. Broccoli ½ c. Buttered Carrots Carbs 61	29 4 oz Pork Carnitas Bowl over ¼ c. Yellow Rice ½ c. Black Beans ½ c. Chefs Blend Vegetables Carbs 55	30 4 oz Chicken Marsala over 1 oz Bowtie Pasta ½ c. Corn ½ c. Spinach Carbs 62

This menu is very similar to our heart-healthy menu but will have a maximum of 80 grams of carbohydrates per meal. Each meal provides: 3 to 4 oz protein, a maximum of two ½ cup servings of vegetables or one ½ cup vegetable and one ½ cup fruit, ¼ - ½ cup of whole grain or ½ cup of additional vegetable to replace the grain to lower the carbohydrate count. 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.