

**Meals On Wheels of Tampa RENAL FRIENDLY FALL/WINTER Menu – January 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Holiday Meal	2 Baked Chicken Breast Roasted Peppers and Onions Boiled Collard Greens  Sodium 273 Potassium 465 Phosphorus 234
5 Baked Chicken Barley with peppers and onions Boiled Green Beans  Sodium 230 Potassium 545 Phosphorus 218	6 Baked Haddock Boiled Broccoli Boiled Cauliflower  Sodium 270 Potassium 601 Phosphorus 149	7 Baked Chicken Thigh Boiled Peas with mint Boiled Carrots  Sodium 110 Potassium 499 Phosphorus 206	8 Baked Pork Loin Couscous with Peppers & Onions Boiled Cabbage  Sodium 61 Potassium 520 Phosphorus 229	9 Baked Chicken White Rice Boiled Green Beans  Sodium 230 Potassium 405 Phosphorus 230
12 Baked Chicken Boiled Cabbage Boiled Green Beans  Sodium 320 Potassium 583 Phosphorus 338	13 Baked Haddock Boiled Cauliflower Apples with cinnamon  Sodium 252 Potassium 534 Phosphorus 100	14 Pub Burger w/ onions & peppers Boiled Cauliflower Apples with cinnamon  Sodium 322 Potassium 559 Phosphorus 235	15 Baked Chicken Boiled Broccoli Boiled Peas  Sodium 265 Potassium 577 Phosphorus 319	16 Beef Roast Boiled Summer Squash Boiled Cauliflower  Sodium 114 Potassium 394 Phosphorus 200
19  Holiday Meal	20 Baked Haddock Roasted Red Pepper Boiled Cauliflower  Sodium 230 Potassium 476 Phosphorus 95	21 Spaghetti with broccoli Yellow Squash Cauliflower  Sodium 25 Potassium 511 Phosphorus 153	22 Baked Pork Loin Couscous Boiled Collard Greens  Sodium 95 Potassium 650 Phosphorus 254	23 Baked Chicken Thigh Boiled Cauliflower Apples with cinnamon  Sodium 87 Potassium 378 Phosphorus 154
26 Baked Chicken Thigh White Couscous Boiled Cabbage Green Beans  Sodium 67 Potassium 434 Phosphorus 166	27 Baked Haddock Boiled Cauliflower Apples with cinnamon  Sodium 252 Potassium 534 Phosphorus 100	28 Pub Burger w/onions & peppers Boiled Cauliflower Apples with cinnamon  Sodium 322 Potassium 559 Phosphorus 235	29 Roast Beef Boiled Chayote Squash Boiled Sweet Peas  Sodium 126 Potassium 495 Phosphorus 240	30 Baked Chicken Breast Roasted Peppers and Onions Boiled Collard Greens  Sodium 273 Potassium 465 Phosphorus 234

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.*