

Meals On Wheels of Tampa DIABETIC FRIENDLY SPRING Menu – February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 4 oz General Tso Chicken over $\frac{1}{4}$ c. Fried Rice	3 5 oz Creamy Lemon & Spinach Tortellini	4 5 oz Yellow Rice & Chicken	5 4 oz Hawaiian Pork over $\frac{1}{4}$ c. White Rice	6 6 oz Chili Mac w/ Cheddar Cheese $\frac{1}{2}$ c. Seasoned Broccoli
2 Vegetable Potstickers $\frac{1}{2}$ c. Asian Blend Veggie	$\frac{1}{2}$ c. Broccoli $\frac{1}{2}$ c. Spiced Apples	$\frac{1}{2}$ c. Black Beans $\frac{1}{2}$ c. Broccoli	$\frac{1}{2}$ c. Zucchini $\frac{1}{2}$ c. Buttered Carrots	$\frac{1}{2}$ c. Waxed Beans
<i>Carbs 58</i>	<i>Carbs 71</i>	<i>Carbs 69</i>	<i>Carbs 50</i>	<i>Carbs 53</i>
9 1 c. Jumbo Cheese Ravioli with 2 oz Poblano Cheese Sauce	10 4oz BBQ Chicken with $\frac{1}{4}$ c. Mac & Cheese	11 4 oz Salisbury Steak w/ Mushrooms with $\frac{1}{4}$ c. Roasted Potatoes	12 4 oz Cajun Red Beans and Sausage over $\frac{1}{4}$ c. White Rice	13 4oz Turkey Pot Roast with $\frac{1}{4}$ c. Mashed Potatoes
$\frac{1}{2}$ c. Seasoned Broccoli $\frac{1}{2}$ c. Mixed Vegetables	$\frac{1}{2}$ c. Seasoned Spinach $\frac{1}{2}$ c. Chef Blend Vegetable	$\frac{1}{2}$ c. Seasoned Green Beans $\frac{1}{2}$ c. Steamed Cauliflower	$\frac{1}{2}$ c. Broccoli 1 Corn Bread	$\frac{1}{2}$ c. California Blend Veggie $\frac{1}{2}$ c. Chuckwagon Corn Blend
<i>Carbs 40</i>	<i>Carbs 49</i>	<i>Carbs 42</i>	<i>Carbs 75</i>	<i>Carbs 48</i>
16 Holiday Meal	17 3oz Beef Empanada over $\frac{1}{4}$ c. Spanish Rice $\frac{1}{2}$ c. Frijoles $\frac{1}{2}$ c. Green Beans <i>Carbs 65</i>	18 4oz Stuffed Shells Florentine $\frac{1}{2}$ c. Steamed Broccoli $\frac{1}{2}$ c. Seasoned Carrots <i>Carbs 34</i>	19 4oz Glazed Ham w/ Pineapple Sauce with $\frac{1}{4}$ c. Roasted Sweet Potatoes $\frac{1}{2}$ c. Squash $\frac{1}{2}$ c. Chef Blend Veggie <i>Carbs 37</i>	20 4oz Chicken Sandwich $\frac{1}{2}$ c. Roasted Potato Wedges $\frac{1}{2}$ c. Mixed Vegetable <i>Carbs 61</i>
23 4oz Broccoli & Cheese Stuffed Chicken over $\frac{1}{4}$ c. Egg Noodles $\frac{1}{2}$ c. Glazed Carrots $\frac{1}{2}$ c. Steamed Peas <i>Carbs 78</i>	24 6oz Shepherd's Pie $\frac{1}{2}$ c. Green Beans $\frac{1}{2}$ c. California Blend Veggies <i>Carbs 35</i>	25 4oz Chicken Ropa Viejas over $\frac{1}{4}$ c. White Rice $\frac{1}{2}$ c. Black Beans $\frac{1}{2}$ c. Plantains <i>Carbs 76</i>	26 Chef Salad with Ranch Dressing Diced Ham and Turkey Hard Boiled Egg Diced Tomatoes Cheddar Cheese <i>Carbs 10</i>	27 6oz Beef Stew w/ Carrots & Potatoes $\frac{1}{2}$ c. Green Bean Melody $\frac{1}{2}$ c. Peach Crisp <i>Carbs 52</i>

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 $\frac{1}{2}$ cup servings of vegetables or one $\frac{1}{2}$ cup vegetable and one $\frac{1}{2}$ cup fruit, $\frac{1}{4}$ - $\frac{1}{2}$ cup of whole grain or $\frac{1}{2}$ 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.

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