

Meals On Wheels of Tampa HEART HEALTHY SPRING Menu – February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 4 oz General Tao Chicken over ½ c. Fried Rice 2 Vegetable Potstickers ½ c. Asian Blend Veggie <i>Sodium 780</i>	3 5 oz Creamy Lemon & Spinach Tortellini ½ c. Broccoli ½ c. Spiced Apples <i>Sodium 580</i>	4 5 oz Yellow Rice & Chicken ½ c. Black Beans ½ c. Plantains <i>Sodium 430</i>	5 4 oz Hawaiian Pork over ½ c. White Rice ½ c. Edamame ½ c. Diced Carrots <i>Sodium 700</i>	6 6 oz Chili Mac w/ Cheddar Cheese ½ c. Seasoned Broccoli ½ c. Waxed Beans <i>Sodium 780</i>
9 1 c. Jumbo Cheese Ravioli with 2 oz Poblano Cheese Sauce ½ c. Seasoned Broccoli ½ c. Mixed Vegetables <i>Sodium 730</i>	10 4oz BBQ Chicken with ½ c. Mac & Cheese ½ c. Seasoned Spinach ½ c. Chef Blend Vegetable <i>Sodium 80</i>	11 4 oz Salisbury Steak w/ Mushrooms with ½ c. Obrien Potatoes ½ c. Seasoned Green Beans ½ c. Steamed Cauliflower <i>Sodium 750</i>	12 4 oz Cajun Red Beans and Sausage over ½ c. White Rice ½ c. Broccoli 1 Corn Bread <i>Sodium 800</i>	13 4oz Turkey Pot Roast with ½ c. Mashed Potatoes ½ c. California Blend Veggie ½ c. Chuckwagon Corn Blend <i>Sodium 660</i>
16 <p style="text-align: center;">Holiday Meal</p>	17 3oz Beef Empanada over ½ c. Spanish Rice ½ c. Frijoles ½ c. Green Beans <i>Sodium 570</i>	18 4oz Stuffed Shells Florentine ½ c. Steamed Broccoli ½ c. Seasoned Carrots <i>Sodium 430</i>	19 4oz Glazed Ham w/ Pineapple Sauce with ½ c. Roasted Sweet Potatoes ½ c. Squash ½ c. Chef Blend Veggie <i>Sodium 840</i>	20 4oz Chicken Sandwich ½ c. Roasted Potato Wedges ½ c. Mixed Vegetable <i>Sodium 860</i>
23 4oz Broccoli & Cheese Stuffed Chicken over ½ c. Egg Noodles ½ c. Glazed Carrots ½ c. Steamed Peas <i>Sodium 630</i>	24 6oz Shepherd's Pie ½ c. Green Beans ½ c. California Blend Veggies <i>Sodium 740</i>	25 4oz Chicken Ropa Viejas over ½ c. White Rice ½ c. Black Beans ½ c. Plantains <i>Sodium 390</i>	26 Chef Salad with Ranch Dressing Diced Ham and Turkey Hard Boiled Egg Diced Tomatoes Cheddar Cheese <i>Sodium 540</i>	27 6oz Beef Stew w/ Carrots & Potatoes ½ c. Green Bean Melody ½ c. Peach Crisp <i>Sodium 570</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.