

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

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

Each heart healthy meal provides: 3 to 4 oz of 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,  $\frac{1}{4}$  to  $\frac{1}{2}$  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.*