

**Meals On Wheels of Tampa DIABETIC FRIENDLY SPRING Menu – March 2026**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b> 4 oz General Tso Chicken over ¼ c. Fried Rice  2 Vegetable Potstickers  ½ c. Asian Blend Veggie  <i>Carbs 58</i>	<b>3</b> 5 oz Creamy Lemon & Spinach Tortellini  ½ c. Broccoli  ½ c. Spiced Apples  <i>Carbs 71</i>	<b>4</b> 5 oz Yellow Rice & Chicken  ½ c. Black Beans  ½ c. Broccoli  <i>Carbs 69</i>	<b>5</b> 4 oz Hawaiian Pork over ¼ c. White Rice  ½ c. Zucchini  ½ c. Buttered Carrots  <i>Carbs 50</i>	<b>6</b> 6 oz Chili Mac w/ Cheddar Cheese  ½ c. Seasoned Broccoli  ½ c. Waxed Beans  <i>Carbs 53</i>
<b>9</b> 1 c. Jumbo Cheese Ravioli with 2 oz Poblano Cheese Sauce  ½ c. Seasoned Broccoli  ½ c. Mixed Vegetables  <i>Carbs 40</i>	<b>10</b> 4oz BBQ Chicken with ¼ c. Mac & Cheese  ½ c. Seasoned Spinach  ½ c. Chef Blend Vegetable  <i>Carbs 49</i>	<b>11</b> 4 oz Salisbury Steak w/ Mushrooms with ¼ c. Roasted Potatoes  ½ c. Seasoned Green Beans  ½ c. Steamed Cauliflower  <i>Carbs 42</i>	<b>12</b> 4 oz Cajun Red Beans and Sausage over ¼ c. White Rice  ½ c. Broccoli  1 Corn Bread  <i>Carbs 75</i>	<b>13</b> 4oz Turkey Pot Roast with ¼ c. Mashed Potatoes  ½ c. California Blend Veggie  ½ c. Chuckwagon Corn Blend  <i>Carbs 48</i>
<b>16</b> 4 oz New Orleans Glazed Chicken over ½ c. Sticky Rice  2 Vegetable Potstickers  ½ c. Peas with Pearl Onions  <i>Carbs 62</i>	<b>17</b> 3oz Beef Empanada over ¼ c. Spanish Rice  ½ c. Frijoles  ½ c. Green Beans  <i>Carbs 65</i>	<b>18</b> 4oz Stuffed Shells Florentine  ½ c. Steamed Broccoli  ½ c. Seasoned Carrots  <i>Carbs 34</i>	<b>19</b> 4oz Glazed Ham w/ Pineapple Sauce with ¼ c. Roasted Sweet Potatoes  ½ c. Squash  ½ c. Chef Blend Veggie  <i>Carbs 37</i>	<b>20</b> 4oz Chicken Sandwich  ½ c. Roasted Potato Wedges  ½ c. Mixed Vegetable  <i>Carbs 61</i>
<b>23</b> 4oz Broccoli & Cheese Stuffed Chicken over ¼ c. Egg Noodles  ½ c. Glazed Carrots  ½ c. Steamed Peas  <i>Carbs 78</i>	<b>24</b> 6oz Shepherd's Pie  ½ c. Green Beans  ½ c. California Blend Veggies  <i>Carbs 35</i>	<b>25</b> 4oz Chicken Ropa Viejas over ¼ c. White Rice  ½ c. Black Beans  ½ c. Plantains  <i>Carbs 76</i>	<b>26</b> Chef Salad with Ranch Dressing Diced Ham and Turkey Hard Boiled Egg Diced Tomatoes Cheddar Cheese  <i>Carbs 10</i>	<b>27</b> 6oz Beef Stew w/ Carrots & Potatoes  ½ c. Green Bean Melody  ½ c. Peach Crisp  <i>Carbs 52</i>
<b>30</b> 4 oz General Tso Chicken over ¼ c. Fried Rice  2 Vegetable Potstickers  ½ c. Asian Blend Veggie  <i>Carbs 58</i>	<b>31</b> 5 oz Creamy Lemon & Spinach Tortellini  ½ c. Broccoli  ½ c. Spiced Apples  <i>Carbs 71</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 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.

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