

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b> <b>4 oz General Tao Chicken over ½ c. Fried Rice</b>  <b>2 Vegetable Potstickers</b>  <b>½ c. Asian Blend Veggie</b>  <i>Sodium 780</i>	<b>3</b> <b>5 oz Creamy Lemon &amp; Spinach Tortellini</b>  <b>½ c. Broccoli</b>  <b>½ c. Spiced Apples</b>  <i>Sodium 580</i>	<b>4</b> <b>5 oz Yellow Rice &amp; Chicken</b>  <b>½ c. Black Beans</b>  <b>½ c. Plantains</b>  <i>Sodium 430</i>	<b>5</b> <b>4 oz Hawaiian Pork over ½ c. White Rice</b>  <b>½ c. Edamame</b>  <b>½ c. Diced Carrots</b>  <i>Sodium 700</i>	<b>6</b> <b>6 oz Chili Mac w/ Cheddar Cheese</b>  <b>½ c. Seasoned Broccoli</b>  <b>½ c. Waxed Beans</b>  <i>Sodium 780</i>
<b>9</b> <b>1 c. Jumbo Cheese Ravioli with 2 oz Poblano Cheese Sauce</b>  <b>½ c. Seasoned Broccoli</b>  <b>½ c. Mixed Vegetables</b>  <i>Sodium 730</i>	<b>10</b> <b>4oz BBQ Chicken with ½ c. Mac &amp; Cheese</b>  <b>½ c. Seasoned Spinach</b>  <b>½ c. Chef Blend Vegetable</b>  <i>Sodium 80</i>	<b>11</b> <b>4 oz Salisbury Steak w/ Mushrooms with ½ c. Obrien Potatoes</b>  <b>½ c. Seasoned Green Beans</b>  <b>½ c. Steamed Cauliflower</b>  <i>Sodium 750</i>	<b>12</b> <b>4 oz Cajun Red Beans and Sausage over ½ c. White Rice</b>  <b>½ c. Broccoli</b>  <b>1 Corn Bread</b>  <i>Sodium 800</i>	<b>13</b> <b>4oz Turkey Pot Roast with ½ c. Mashed Potatoes</b>  <b>½ c. California Blend Veggie</b>  <b>½ c. Chuckwagon Corn Blend</b>  <i>Sodium 660</i>
<b>16</b> <b>4 oz New Orleans Glazed Chicken over ½ c. Sticky Rice</b>  <b>2 Vegetable Potstickers</b>  <b>½ c. Peas with Pearl Onions</b>  <i>Sodium 590</i>	<b>17</b> <b>3oz Beef Empanada over ½ c. Spanish Rice</b>  <b>½ c. Frijoles</b>  <b>½ c. Green Beans</b>  <i>Sodium 570</i>	<b>18</b> <b>4oz Stuffed Shells Florentine</b>  <b>½ c. Steamed Broccoli</b>  <b>½ c. Seasoned Carrots</b>  <i>Sodium 430</i>	<b>19</b> <b>4oz Glazed Ham w/ Pineapple Sauce with ½ c. Roasted Sweet Potatoes</b>  <b>½ c. Squash</b>  <b>½ c. Chef Blend Veggie</b>  <i>Sodium 840</i>	<b>20</b> <b>4oz Chicken Sandwich</b>  <b>½ c. Roasted Potato Wedges</b>  <b>½ c. Mixed Vegetable</b>  <i>Sodium 860</i>
<b>23</b> <b>4oz Broccoli &amp; Cheese Stuffed Chicken over ½ c. Egg Noodles</b>  <b>½ c. Glazed Carrots</b>  <b>½ c. Steamed Peas</b>  <i>Sodium 630</i>	<b>24</b> <b>6oz Shepherd’s Pie</b>  <b>½ c. Green Beans</b>  <b>½ c. California Blend Veggies</b>  <i>Sodium 740</i>	<b>25</b> <b>4oz Chicken Ropa Viejas over ½ c. White Rice</b>  <b>½ c. Black Beans</b>  <b>½ c. Plantains</b>  <i>Sodium 390</i>	<b>26</b> <b>Chef Salad with Ranch Dressing Diced Ham and Turkey Hard Boiled Egg Diced Tomatoes Cheddar Cheese</b>  <i>Sodium 540</i>	<b>27</b> <b>6oz Beef Stew w/ Carrots &amp; Potatoes</b>  <b>½ c. Green Bean Melody</b>  <b>½ c. Peach Crisp</b>  <i>Sodium 570</i>
<b>30</b> <b>4 oz General Tao Chicken over ½ c. Fried Rice</b>  <b>2 Vegetable Potstickers</b>  <b>½ c. Asian Blend Veggie</b>  <i>Sodium 780</i>	<b>31</b> <b>5 oz Creamy Lemon &amp; Spinach Tortellini</b>  <b>½ c. Broccoli</b>  <b>½ c. Spiced Apples</b>  <i>Sodium 580</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.*