

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

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 6 oz Chili Mac w/ Cheddar Cheese  ½ c. Seasoned Broccoli  ½ c. Waxed Beans  <i>Sodium 780</i>
<b>4</b> 1 c. Jumbo Cheese Ravioli with 2 oz Poblano Cheese Sauce  ½ c. Seasoned Broccoli  ½ c. Mixed Vegetables  <i>Sodium 730</i>	<b>5</b> 4oz BBQ Chicken with ½ c. Mac & Cheese  ½ c. Seasoned Spinach  ½ c. Chef Blend Vegetable  <i>Sodium 80</i>	<b>6</b> 4 oz Salisbury Steak w/ Mushrooms with ½ c. Obrien Potatoes  ½ c. Seasoned Green Beans  ½ c. Steamed Cauliflower  <i>Sodium 750</i>	<b>7</b> 4 oz Cajun Red Beans and Sausage over ½ c. White Rice  ½ c. Broccoli  1 Corn Bread  <i>Sodium 800</i>	<b>8</b> 4oz Turkey Pot Roast with ½ c. Mashed Potatoes  ½ c. California Blend Veggie  ½ c. Chuckwagon Corn Blend  <i>Sodium 660</i>
<b>11</b> 4 oz New Orleans Glazed Chicken over ½ c. Sticky Rice  2 Vegetable Potstickers  ½ c. Peas with Pearl Onions  <i>Sodium 590</i>	<b>12</b> 3oz Beef Empanada over ½ c. Spanish Rice  ½ c. Frijoles  ½ c. Green Beans  <i>Sodium 570</i>	<b>13</b> 4oz Stuffed Shells Florentine  ½ c. Steamed Broccoli  ½ c. Seasoned Carrots  <i>Sodium 430</i>	<b>14</b> 4oz Glazed Ham w/ Pineapple Sauce with ½ c. Roasted Sweet Potatoes  ½ c. Squash  ½ c. Chef Blend Veggie  <i>Sodium 840</i>	<b>15</b> 4oz Chicken Sandwich  ½ c. Roasted Potato Wedges  ½ c. Mixed Vegetable  <i>Sodium 860</i>
<b>18</b> 4oz Broccoli & Cheese Stuffed Chicken over ½ c. Egg Noodles  ½ c. Glazed Carrots  ½ c. Steamed Peas  <i>Sodium 630</i>	<b>19</b> 6oz Shepherd's Pie  ½ c. Green Beans  ½ c. California Blend Veggies  <i>Sodium 740</i>	<b>20</b> 4oz Chicken Ropa Viejas over ½ c. White Rice  ½ c. Black Beans  ½ c. Plantains  <i>Sodium 390</i>	<b>21</b> Chef Salad with Ranch Dressing Diced Ham and Turkey Hard Boiled Egg Diced Tomatoes Cheddar Cheese  <i>Sodium 540</i>	<b>22</b> 6oz Beef Stew w/ Carrots & Potatoes  ½ c. Green Bean Melody  ½ c. Peach Crisp  <i>Sodium 570</i>
<b>25</b>   Holiday Meal	<b>26</b> 5 oz Creamy Lemon & Spinach Tortellini  ½ c. Broccoli  ½ c. Spiced Apples  <i>Sodium 580</i>	<b>27</b> 5 oz Yellow Rice & Chicken  ½ c. Black Beans  ½ c. Plantains  <i>Sodium 430</i>	<b>28</b> 4 oz Hawaiian Pork over ½ c. White Rice  ½ c. Edamame  ½ c. Diced Carrots  <i>Sodium 700</i>	<b>29</b> 6 oz Chili Mac w/ Cheddar Cheese  ½ c. Seasoned Broccoli  ½ c. Waxed Beans  <i>Sodium 780</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.*