

**Meals On Wheels of Tampa HEART HEALTHY SUMMER Menu – June 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 4 oz Cheese Manicotti with Lemon Pesto Cream Sauce  ½ c. Peas  ½ c. Capri Blend Vegetables  <i>Sodium 600</i>	<b>2</b> 3oz Southwestern Grilled Chicken with ½ c Adobo Rice  ½ c. Refried Beans  ½ c. Mixed Veggies  <i>Sodium 830</i>	<b>3</b> 5 oz Beef Ragu over ½ c. Whole Grain Pasta  ½ c. Steamed Broccoli  ½ c. Succotash  <i>Sodium 550</i>	<b>4</b> 4 oz Chicken Cordon Bleu with ½ c. O'Brien Potatoes  ½ c. Malibu Vegetable Blend  ½ c. Chuckwagon Corn  <i>Sodium 840</i>	<b>5</b> 4oz Southern Braised Beef Tips over ½ c. Mashed Potatoes  ½ c. Italian Green Beans w/onions  ½ c. Stewed Tomato  <i>Sodium 810</i>
<b>8</b> 4oz Cheese Stuffed Ravioli with Sundried Tomato Sauce  ½ c. Zucchini  ½ c. Steamed Carrots  <i>Sodium 740</i>	<b>9</b> 4 oz Southern Style Meat Loaf over ½ c. Mashed Potato  ½ c. Peas & Carrots  ½ c. Green Beans  <i>Sodium 830</i>	<b>10</b> 4 oz Tuscan Chicken over ½ c. Penne Pasta  ½ c. Roasted Cauliflower  ½ c. Broccoli  <i>Sodium 740</i>	<b>11</b> 4 oz Mojo Pork with gravy over ½ c. Adobe Rice  ½ c. Plantains  ½ c. Black Beans  <i>Sodium 890</i>	<b>12</b> Chicken Caesar Salad Grilled Chicken Romaine Lettuce Shaved Parmesean Side of Croutons Side of Caesar Dressing  <i>Sodium 800</i>
<b>15</b> 5 oz Lasagna Primavera  ½ c. Italian Green Beans  ½ c. California Blend Vegetables  <i>Sodium 410</i>	<b>16</b> 5oz Beef & Bean Burrito with ½ c Yellow Rice  ½ c. Frijoles  ½ c. Capri Blend Vegetables  <i>Sodium 790</i>	<b>17</b> 4 oz Honey Garlic Chicken over ½ c. Jasmine Rice  ½ c. Carrot Coins  ½ c. Broccoli  <i>Sodium 650</i>	<b>18</b> 4 oz BBQ Pulled Pork with ½ c. Macaroni & Cheese  ½ c. Green Beans  1 Corn Bread  <i>Sodium 791</i>	<b>19</b> 4oz Swedish Meatballs over ½ c. Mashed Potato  ½ c. Peas  ½ c. Cranberry Sauce  <i>Sodium 778</i>
<b>22</b> 5oz Mediterranean Pasta Sauce with ½ c. Spaghetti  ½ c. Parisian Carrots  ½ c. Zucchini  <i>Sodium 620</i>	<b>23</b> 3 oz Chicken Enchiladas w/ sauce  ½ c. Spanish Rice  ½ c Paco Blend Vegetables  <i>Sodium 820</i>	<b>24</b> 4 oz Beef Stroganoff over 2 oz Egg Noodles  ½ c. Capri Blend Vegetables  ½ c. Broccoli  <i>Sodium 531</i>	<b>25</b> 3.5 oz Kielbasa Sausage with Perogies  ½ c. Sliced Peppers & Onions  ½ c. Scandinavian Vegetables  <i>Sodium 910</i>	<b>26</b> 3 oz Big MOW Beef Burger on Sesame Bun with Lettuce & Pickle  ½ c. Seasoned Potato Wedges  ½ c. Green Beans  <i>Sodium 810</i>
<b>29</b> 4 oz Cheese Manicotti with Lemon Pesto Cream Sauce  ½ c. Peas  ½ c. Capri Blend Vegetables  <i>Sodium 600</i>	<b>30</b> 3oz Southwestern Grilled Chicken with ½ c Adobo Rice  ½ c. Refried Beans  ½ c. Mixed Veggies  <i>Sodium 830</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.*