

**Meals On Wheels of Tampa DIABETIC FRIENDLY SUMMER Menu – July 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 5 oz Beef Ragu over ¼ c. Whole Grain Pasta  ½ c. Steamed Broccoli  ½ c. Succotash  <i>Carbs 55</i>	<b>2</b> 4 oz Chicken Cordon Bleu with ½ c. O'Brien Potatoes  ½ c. Malibu Vegetable Blend  ½ c. Chuckwagon Corn  <i>Carbs 69</i>	<b>3</b>   Holiday Meal
<b>6</b> 4oz Cheese Stuffed Ravioli with Sundried Tomato Sauce  ½ c. Zucchini  ½ c. Steamed Carrots  <i>Carb 47</i>	<b>7</b> 4 oz Southern Style Meat Loaf over ½ c. Mashed Potato  ½ c. Peas & Carrots  ½ c. Green Beans  <i>Carb 44</i>	<b>8</b> 4 oz Tuscan Chicken over ½ c. Penne Pasta  ½ c. Roasted Cauliflower  ½ c. Broccoli  <i>Carb 47</i>	<b>9</b> 4 oz Mojo Pork with gravy over ½ c. Adobe Rice  ½ c. Plantains  ½ c. Black Beans  <i>Carb 56</i>	<b>10</b> Chicken Caesar Salad Grilled Chicken Romaine Lettuce Shaved Parmesean Side of Croutons Side of Caesar Dressing  <i>Carb 10</i>
<b>13</b> 5 oz Lasagna Primavera  ½ c. Italian Green Beans  ½ c. California Blend Vegetables  <i>Carb 44</i>	<b>14</b> 5oz Beef & Bean Burrito with ½ c Yellow Rice  ½ c. Frijoles  ½ c. Capri Blend Vegetables  <i>Carb 79</i>	<b>15</b> 4 oz Honey Garlic Chicken over ¼ c. Jasmine Rice  ½ c. Carrot Coins  ½ c. Broccoli  <i>Carb 64</i>	<b>16</b> 4 oz BBQ Pulled Pork with ½ c. Macaroni & Cheese  ½ c. Green Beans  1 Corn Bread  <i>Carb 72</i>	<b>17</b> 4oz Swedish Meatballs over ½ c. Mashed Potato  ½ c. Peas  ½ c. Cranberry Sauce  <i>Carb 65</i>
<b>20</b> 5oz Mediterranean Pasta Sauce with ¼ c. Spaghetti  ½ c. Parisian Carrots  ½ c. Zucchini  <i>Carb 62</i>	<b>21</b> 3 oz Chicken Enchiladas w/ sauce  ½ c. Spanish Rice  ½ c Paco Blend Vegetables  <i>Carb 63</i>	<b>22</b> 4 oz Beef Stroganoff over 2 oz Egg Noodles  ½ c. Capri Blend Vegetables  ½ c. Broccoli  <i>Carb 50</i>	<b>23</b> 3.5 oz Kielbasa Sausage with Perogies  ½ c. Sliced Peppers & Onions  ½ c. Scandinavian Vegetables  <i>Carb 30</i>	<b>24</b> 3 oz Big MOW Beef Burger on Sesame Bun with Lettuce & Pickle  ½ c. Seasoned Potato Wedges  ½ c. Green Beans  <i>Carb 42</i>
<b>27</b> 4 oz Cheese Manicotti with Lemon Pesto Cream Sauce  ½ c. Peas  ½ c. Capri Blend Vegetables  <i>Carbs 57</i>	<b>28</b> 3oz Southwestern Grilled Chicken with ½ c Adobo Rice  ½ c. Refried Beans  ½ c. Mixed Veggies  <i>Carbs 60</i>	<b>29</b> 5 oz Beef Ragu over ¼ c. Whole Grain Pasta  ½ c. Steamed Broccoli  ½ c. Succotash  <i>Carbs 55</i>	<b>30</b> 4 oz Chicken Cordon Bleu with ½ c. O'Brien Potatoes  ½ c. Malibu Vegetable Blend  ½ c. Chuckwagon Corn  <i>Carbs 69</i>	<b>31</b> 4oz Southern Braised Beef Tips over ½ c. Mashed Potatoes  ½ c. Italian Green Beans w/onions  ½ c. Stewed Tomato  <i>Carbs 42</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.*