

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

| Monday                                                                                                                                            | Tuesday                                                                                                                                             | Wednesday                                                                                                                                    | Thursday                                                                                                                                                      | Friday                                                                                                                                                                                                    |
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| <b>3</b><br><b>4oz Cheese Stuffed Ravioli with Sundried Tomato Sauce</b><br><br>½ c. Zucchini<br><br>½ c. Steamed Carrots<br><br><i>Carb 47</i>   | <b>4</b><br><b>4 oz Southern Style Meat Loaf over ½ c. Mashed Potato</b><br><br>½ c. Peas & Carrots<br><br>½ c. Green Beans<br><br><i>Carb 44</i>   | <b>5</b><br><b>4 oz Tuscan Chicken over ½ c. Penne Pasta</b><br><br>½ c. Roasted Cauliflower<br><br>½ c. Broccoli<br><br><i>Carb 47</i>      | <b>6</b><br><b>4 oz Mojo Pork with gravy over ½ c. Adobe Rice</b><br><br>½ c. Plantains<br><br>½ c. Black Beans<br><br><i>Carb 56</i>                         | <b>7</b><br><b>Chicken Caesar Salad</b><br><b>Grilled Chicken</b><br><b>Romaine Lettuce</b><br><b>Shaved Parmesean</b><br><b>Side of Croutons</b><br><b>Side of Caesar Dressing</b><br><br><i>Carb 10</i> |
| <b>10</b><br><b>5 oz Lasagna Primavera</b><br><br>½ c. Italian Green Beans<br><br>½ c. California Blend Vegetables<br><br><i>Carb 44</i>          | <b>11</b><br><b>5oz Beef &amp; Bean Burrito with ½ c Yellow Rice</b><br><br>½ c. Frijoles<br><br>½ c. Capri Blend Vegetables<br><br><i>Carb 79</i>  | <b>12</b><br><b>4 oz Honey Garlic Chicken over ¼ c. Jasmine Rice</b><br><br>½ c. Carrot Coins<br><br>½ c. Broccoli<br><br><i>Carb 64</i>     | <b>13</b><br><b>4 oz BBQ Pulled Pork with ½ c. Macaroni &amp; Cheese</b><br><br>½ c. Green Beans<br><br>1 Corn Bread<br><br><i>Carb 72</i>                    | <b>14</b><br><b>4oz Swedish Meatballs over ½ c. Mashed Potato</b><br><br>½ c. Peas<br><br>½ c. Cranberry Sauce<br><br><i>Carb 65</i>                                                                      |
| <b>17</b><br><b>5oz Mediterranean Pasta Sauce with ¼ c. Spaghetti</b><br><br>½ c. Parisian Carrots<br><br>½ c. Zucchini<br><br><i>Carb 62</i>     | <b>18</b><br><b>3 oz Chicken Enchiladas w/ sauce</b><br><br>½ c. Spanish Rice<br><br>½ c Paco Blend Vegetables<br><br><i>Carb 63</i>                | <b>19</b><br><b>4 oz Beef Stroganoff over 2 oz Egg Noodles</b><br><br>½ c. Capri Blend Vegetables<br><br>½ c. Broccoli<br><br><i>Carb 50</i> | <b>20</b><br><b>3.5 oz Kielbasa Sausage with Perogies</b><br><br>½ c. Sliced Peppers & Onions<br><br>½ c. Scandinavian Vegetables<br><br><i>Carb 30</i>       | <b>21</b><br><b>3 oz Big MOW Beef Burger on Sesame Bun with Lettuce &amp; Pickle</b><br><br>½ c. Seasoned Potato Wedges<br><br>½ c. Green Beans<br><br><i>Carb 42</i>                                     |
| <b>24</b><br><b>4 oz Cheese Manicotti with Lemon Pesto Cream Sauce</b><br><br>½ c. Peas<br><br>½ c. Capri Blend Vegetables<br><br><i>Carbs 57</i> | <b>25</b><br><b>3oz Southwestern Grilled Chicken with ½ c Adobo Rice</b><br><br>½ c. Refried Beans<br><br>½ c. Mixed Veggies<br><br><i>Carbs 60</i> | <b>26</b><br><b>5 oz Beef Ragu over ¼ c. Whole Grain Pasta</b><br><br>½ c. Steamed Broccoli<br><br>½ c. Succotash<br><br><i>Carbs 55</i>     | <b>27</b><br><b>4 oz Chicken Cordon Bleu with ½ c. O'Brien Potatoes</b><br><br>½ c. Malibu Vegetable Blend<br><br>½ c. Chuckwagon Corn<br><br><i>Carbs 69</i> | <b>28</b><br><b>4oz Southern Braised Beef Tips over ½ c. Mashed Potatoes</b><br><br>½ c. Italian Green Beans w/onions<br><br>½ c. Stewed Tomato<br><br><i>Carbs 42</i>                                    |
| <b>31</b><br><b>4oz Cheese Stuffed Ravioli with Sundried Tomato Sauce</b><br><br>½ c. Zucchini<br><br>½ c. Steamed Carrots<br><br><i>Carb 47</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.*