

Meals On Wheels of Tampa HEART HEALTHY SUMMER Menu – September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 4 oz Southern Style Meat Loaf over ½ c. Mashed Potato ½ c. Peas & Carrots ½ c. Green Beans <i>Sodium 830</i>	2 4 oz Tuscan Chicken over ½ c. Penne Pasta ½ c. Roasted Cauliflower ½ c. Broccoli <i>Sodium 740</i>	3 4 oz Mojo Pork with gravy over ½ c. Adobe Rice ½ c. Plantains ½ c. Black Beans <i>Sodium 890</i>	4 Chicken Caesar Salad Grilled Chicken Romaine Lettuce Shaved Parmesean Side of Croutons Side of Caesar Dressing <i>Sodium 800</i>
7 Holiday Meal	8 5oz Beef & Bean Burrito with ½ c Yellow Rice ½ c. Frijoles ½ c. Capri Blend Vegetables <i>Sodium 790</i>	9 4 oz Honey Garlic Chicken over ½ c. Jasmine Rice ½ c. Carrot Coins ½ c. Broccoli <i>Sodium 650</i>	10 4 oz BBQ Pulled Pork with ½ c. Macaroni & Cheese ½ c. Green Beans 1 Corn Bread <i>Sodium 791</i>	11 4oz Swedish Meatballs over ½ c. Mashed Potato ½ c. Peas ½ c. Cranberry Sauce <i>Sodium 778</i>
14 5oz Mediterranean Pasta Sauce with ½ c. Spaghetti ½ c. Parisian Carrots ½ c. Zucchini <i>Sodium 620</i>	15 3 oz Chicken Enchiladas w/ sauce ½ c. Spanish Rice ½ c Paco Blend Vegetables <i>Sodium 820</i>	16 4 oz Beef Stroganoff over 2 oz Egg Noodles ½ c. Capri Blend Vegetables ½ c. Broccoli <i>Sodium 531</i>	17 3.5 oz Kielbasa Sausage with Perogies ½ c. Sliced Peppers & Onions ½ c. Scandinavian Vegetables <i>Sodium 910</i>	18 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>
21 4 oz Cheese Manicotti with Lemon Pesto Cream Sauce ½ c. Peas ½ c. Capri Blend Vegetables <i>Sodium 600</i>	22 3oz Southwestern Grilled Chicken with ½ c Adobo Rice ½ c. Refried Beans ½ c. Mixed Veggies <i>Sodium 830</i>	23 5 oz Beef Ragu over ½ c. Whole Grain Pasta ½ c. Steamed Broccoli ½ c. Succotash <i>Sodium 550</i>	24 4 oz Chicken Cordon Bleu with ½ c. O'Brien Potatoes ½ c. Malibu Vegetable Blend ½ c. Chuckwagon Corn <i>Sodium 840</i>	25 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>
28 4oz Cheese Stuffed Ravioli with Sundried Tomato Sauce ½ c. Zucchini ½ c. Steamed Carrots <i>Sodium 740</i>	29 4 oz Southern Style Meat Loaf over ½ c. Mashed Potato ½ c. Peas & Carrots ½ c. Green Beans <i>Sodium 830</i>	30 4 oz Tuscan Chicken over ½ c. Penne Pasta ½ c. Roasted Cauliflower ½ c. Broccoli <i>Sodium 740</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.