

Meals On Wheels of Tampa HEART HEALTHY FALL/WINTER Menu – October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 3 oz Irish Banger with onion gravy over ½ c Mashed potatoes ½ c Simmered Peas ½ c Steamed Carrots <i>Sodium 990</i>	2 4oz Chicken & White Bean Chili over ½ c Steamed Rice ½ c Buffalo Cauliflower ½ c Sliced Peppers & Onions <i>Sodium 515</i>
5 4 oz Roasted Chicken Thigh over ½ c Wild Rice ½ c Paco Blend Veg ½ c Simmered Peas <i>Sodium 715</i>	6 6 oz Shepherd's Pie topped with 1 oz Cheddar cheese ½ c Green Beans ½ c Buttered Carrots <i>Sodium 753</i>	7 4 oz Chicken Marsala over 2 oz Bowtie Pasta ½ c Corn ½ c Seasoned Spinach <i>Sodium 605</i>	8 4 oz Pork Carnitas Bowl over 1 c Yellow Rice ½ c Black Beans ½ c Chef Blend Veg <i>Sodium 818</i>	9 4 oz Chicken Alfredo over 2 oz linguini Pasta ½ c Broccoli ½ c Buttered Carrots <i>Sodium 434</i>
12 4 oz Cheese stuffed shells with 2 oz Pomodoro Sauce ½ c Broccoli ½ c Cauliflower <i>Sodium 646</i>	13 4 oz Chicken Cutlet Garlic Parm over ½ c Mashed Potatoes ½ c Italian Green Beans ½ Butternut Squash <i>Sodium 814</i>	14 4 oz Chinese Pepper Steak over ½ c Jasmine Rice 2 Chicken Dumplings ½ c Asian Blend Veg <i>Sodium 560</i>	15 4oz Italian Sausage Sub on a 2oz Brioche Bun ½ c Grilled Peppers & Onions ½ c Chef Blend Veg <i>Sodium 870</i>	16 6 oz Unstuffed Pepper Casserole ½ c Capri Blend Veg ½ c Succotash <i>Sodium 424</i>
19 5 oz Turkey Pot Pie topped with 2.25oz Biscuit ½ c Seasoned Green Beans ½ c Buttered Carrots <i>Sodium 661</i>	20 4 oz Homestyle Meatloaf over ½ c Obrien Potatoes ½ c Simmered Peas ½ c Fall Vegetable <i>Sodium 663</i>	21 4 oz Teriyaki Chicken over 1 c White Rice ½ c Broccoli ½ c Pepper Medley <i>Sodium 531</i>	22 -Chicken Cobb Salad- 2 c Salad with vegetables 3 oz Grilled chicken strips 1oz Bacon Chopped 1 Hard-Boiled Eggs Italian Dressing PKG <i>Sodium 624</i>	23 8oz Spaghetti & Beef Meatballs ½ c Chef Blend Veg ½ c Yellow Squash <i>Sodium 810</i>
26 6 oz American Chop Suey sprinkled with 1oz Italian Cheese ½ c Scandinavian Veg ½ c Broccoli <i>Sodium 619</i>	27 4 oz Orange Glazed Chicken over ½ c Vegetable Fried Rice 2 Chicken Dumplings ½ c Asian Blend Veg <i>Sodium 837</i>	28 3 oz Swiss Steak with swiss gravy over ½ c Scalloped Potatoes ½ c Green Beans ½ c Yellow Squash <i>Sodium 559</i>	29 3 oz Irish Banger with onion gravy over ½ c Mashed potatoes ½ c Simmered Peas ½ c Steamed Carrots <i>Sodium 990</i>	30 4oz Chicken & White Bean Chili over ½ c Steamed Rice ½ c Buffalo Cauliflower ½ c Sliced Peppers & Onions <i>Sodium 515</i>

Each heart healthy meal provides: 3 to 4 oz of protein, ¼ to ½ cup of whole grain, a maximum of two ½ cup servings of vegetables or one ½ cup vegetable and one ½ cup fruit. Sodium is less than 900 per meal, with a 5 day meal average of 750 or less. 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.