

Meals On Wheels of Tampa **RENAL FRIENDLY FALL/WINTER Menu – October 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Mediterranean Pork Loin Egg Noodles Cauliflower Spinach Sodium 300 Potassium 695 Phosphorous 365	2 Honey Garlic Chicken Thigh White Rice Carrots Sodium 375 Potassium 665 Phosphorous 400
5 Chicken Marsala Linguini Broccoli Spiced Pears Sodium 550 Potassium 600 Phosphorous 310	6 Baked Tilapia w/ Lemon & Herb White Rice Spinach Yellow Squash Sodium 110 Potassium 670 Phosphorous 305	7 Yankee Pot Roast with Gravy Roasted Potatoes Peas & Carrots Green Beans Sodium 400 Potassium 650 Phosphorous 300	8 Baked Pork Loin Barley Zucchini Cauliflower Sodium 120 Potassium 600 Phosphorous 330	9 Caribbean Jerk Chicken Thigh Orzo Cauliflower Slaw Blend Sodium 500 Potassium 550 Phosphorous 300
12 Dijon Maple Chicken Breast Roasted Sweet Potato Spinach Cauliflower Sodium 400 Potassium 750 Phosphorous 300	13 Summer Herbed Cape Hake Orzo Broccoli Squash Sodium 150 Potassium 650 Phosphorous 300	14 Beef Barbicoba White Rice Peppers & Onions Zucchini Sodium 500 Potassium 650 Phosphorous 300	15 BBQ Pulled Pork Roasted Potato Cabbage Green Beans Sodium 350 Potassium 600 Phosphorous 300	16 Grilled Orange Chicken Lo Mein Noodles Peas Carrots Sodium 525 Potassium 500 Phosphorous 300
19 Rosemary Garlic Chicken Orzo Roasted Cabbage Steamed Green Beans Sodium 172 Potassium 720 Phosphorous 165	20 Lemon Baked Haddock White Rice Steamed Broccoli Simmered Carrots Sodium 73 Potassium 485 Phosphorous 280	21 Homestyle Meat Loaf with Gravy Mashed Rice Cauliflower Zucchini Spiced Apples Sodium 423 Potassium 750 Phosphorous 275	22 Salad Day Garden Salad w/ vegetables Grilled Chicken Strip Hardboiled Egg Sodium 250 Potassium 550 Phosphorous 220	23 Balsamic Glazed Chicken Thigh Egg Noodles Yellow Squash Chef Blend Veg Sodium 400 Potassium 650 Phosphorous 300
26 Sliced Turkey Breast with Gravy Couscous Green Beans Whole Cranberry Sauce Sodium 125 Potassium 445 Phosphorous 358	27 Citrus Pepper Glazed Salmon Barley Slaw Blend Zucchini Sodium 325 Potassium 680 Phosphorous 350	28 Pub Burger with Beef Gravy Roasted Potato Broccoli Peppers & Onions Sodium 175 Potassium 655 Phosphorous 315	29 Mediterranean Pork Loin Egg Noodles Cauliflower Spinach Sodium 300 Potassium 695 Phosphorous 365	30 Honey Garlic Chicken Thigh White Rice Carrots Sodium 375 Potassium 665 Phosphorous 400

The sodium, potassium, and phosphorus levels are calculated based on the following: 3oz cooked protein, 1/2 cup vegetable serving, grains are as follows - couscous 1/3 cup, white rice 1/4 cup and barley is 1/4 cup. All seasoning used has only dry herbs and zero salt. Please Note: All nutritional information listed reflects the meal itself and 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.