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

Monday	Tuesday	Wednesday	Thursday	Friday
2 **4 oz Roasted Chicken Thigh** **over ½ c Wild Rice** **½ c Paco Blend Veg** **½ c Simmered Peas** *Sodium 715*	**3** **6 oz Shepherd's Pie** **topped with 1 oz Cheddar cheese** **½ c Green Beans** **½ c Buttered Carrots** *Sodium 753*	**4** **4 oz Chicken Marsala** **over 2 oz Bowtie Pasta** **½ c Corn** **½ c Seasoned Spinach** *Sodium 605*	**5** **4 oz Pork Carnitas Bowl** **over 1 c Yellow Rice** **½ c Black Beans** **½ c Chef Blend Veg** *Sodium 818*	**6** **4 oz Chicken Alfredo** **over 2 oz linguini Pasta** **½ c Broccoli** **½ c Buttered Carrots** *Sodium 434*
9 **4 oz Cheese stuffed shells** **with 2 oz Pomodoro Sauce** **½ c Broccoli** **½ c Cauliflower** *Sodium 646*	**10** **4 oz Chicken Cutlet Garlic Parm** **over ½ c Mashed Potatoes** **½ c Italian Green Beans** **½ Butternut Squash** *Sodium 814*	**11** **Holiday Meal**	**12** **4oz Italian Sausage Sub** **on a 2oz Brioch Bun** **½ c Grilled Peppers & Onions** **½ c Chef Blend Veg** *Sodium 870*	**13** **6 oz Unstuffed Pepper Casserole** **½ c Capri Blend Veg** **½ c Succotash** *Sodium 424*
16 **5 oz Turkey Pot Pie** **topped with 2.25oz Biscuit** **½ c Seasoned Green Beans** **½ c Buttered Carrots** *Sodium 661*	**17** **4 oz Homestyle Meatloaf** **over ½ c Obrien Potatoes** **½ c Simmered Peas** **½ c Fall Vegetable** *Sodium 663*	**18** **4 oz Teriyaki Chicken** **over 1 c White Rice** **½ c Broccoli** **½ c Pepper Medley** *Sodium 531*	**19** **-Chicken Cobb Salad-** **2 c Salad with vegetables** **3 oz Grilled chicken strips** **1oz Bacon Chopped** **1 Hard-Boiled Eggs** **Italian Dressing PKG** *Sodium 624*	**20** **8oz Spaghetti & Beef Meatballs** **½ c Chef Blend Veg** **½ c Yellow Squash** *Sodium 810*
23 **6 oz American Chop Suey** **sprinkled with 1oz Italian Cheese** **½ c Scandinavian Veg** **½ c Broccoli** *Sodium 619*	**24** **4 oz Orange Glazed Chicken** **over ½ c Vegetable Fried Rice** **2 Chicken Dumplings** **½ c Asian Blend Veg** *Sodium 837*	**25** **3 oz Swiss Steak with swiss gravy** **over ½ c Scalloped Potatoes** **½ c Green Beans** **½ c Yellow Squash** *Sodium 559*	**26** **Holiday Meal**	**27** **Holiday Meal**
30 **4 oz Roasted Chicken Thigh** **over ½ c Wild Rice** **½ c Paco Blend Veg** **½ c Simmered Peas** *Sodium 715*				

Each heart healthy meal provides: 3 to 4 oz of protein, 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 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.