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

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Chicken Marsala** **Linguini** **Broccoli** **Spiced Pears** Sodium 550 Potassium 600 Phosphorous 310	**3** **Baked Tilapia w/ Lemon & Herb** **White Rice** **Spinach** **Yellow Squash** Sodium 110 Potassium 670 Phosphorous 305	**4** **Yankee Pot Roast with Gravy** **Roasted Potatoes** **Peas & Carrots** **Green Beans** Sodium 400 Potassium 650 Phosphorous 300	**5** **Baked Pork Loin** **Barley** **Zucchini** **Cauliflower** Sodium 120 Potassium 600 Phosphorous 330	**6** **Carribean Jerk Chicken Thigh** **Orzo** **Cauliflower** **Slaw Blend** Sodium 500 Potassium 550 Phosphorous 300
9 **Dijon Maple Chicken Breast** **Roasted Sweet Potato** **Spinach** **Cauliflower** Sodium 400 Potassium 750 Phosphorous 300	**10** **Summer Herbed Cape Hake** **Orzo** **Broccoli** **Squash** Sodium 150 Potassium 650 Phosphorous 300	**11** **Holiday Meal** 	**12** **BBQ Pulled Pork** **Roasted Potato** **Cabbage** **Green Beans** Sodium 350 Potassium 600 Phosphorous 300	**13** **Grilled Orange Chicken** **Lo Mein Noodles** **Peas** **Carrots** Sodium 525 Potassium 500 Phosphorous 300
16 **Rosemary Garlic Chicken** **Orzo** **Roasted Cabbage** **Steamed Green Beans** Sodium 172 Potassium 720 Phosphorous 165	**17** **Lemon Baked Haddock** **White Rice** **Steamed Broccoli** **Simmered Carrots** Sodium 73 Potassium 485 Phosphorous 280	**18** **Homestyle Meat Loaf with Gravy** **Mashed Rice Cauliflower** **Zucchini** **Spiced Apples** Sodium 423 Potassium 750 Phosphorous 275	**19** **Salad Day** **Garden Salad w/ vegetables** **Grilled Chicken Strip** **Hardboiled Egg** Sodium 250 Potassium 550 Phosphorous 220	**20** **Balsamic Glazed Chicken Thigh** **Egg Noodles** **Yellow Squash** **Chef Blend Veg** Sodium 400 Potassium 650 Phosphorous 300
23 **Sliced Turkey Breast with Gravy** **Couscous** **Green Beans** **Whole Cranberry Sauce** Sodium 125 Potassium 445 Phosphorous 358	**24** **Citrus Pepper Glazed Salmon** **Barley** **Slaw Blend** **Zucchini** Sodium 325 Potassium 680 Phosphorous 350	**25** **Pub Burger with Beef Gravy** **Roasted Potato** **Broccoli** **Peppers & Onions** Sodium 175 Potassium 655 Phosophorous 315	**26** **Holiday Meals** 	**27** **Holiday Meal**
30 **Chicken Marsala** **Linguini** **Broccoli** **Spiced Pears** Sodium 550 Potassium 600 Phosphorous 310				

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.