MEALS on WHEELS SARASOTA

FALL 2026 MENU

NOVEMBER 2- NOVEMBER 20

Our menu follows a rotating three week cycle

IMPORTANT NOTICE: We offer a standard menu and are unable to accommodate individual food preferences. Meals are prepared in a kitchen that handles common food allergens and cannot be guaranteed allergen-free. Monday through Thursday meals are freshly prepared by our chef and then frozen to help maintain food quality and safety. Friday meals feature cold salads, a client favorite.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 2 Chicken Tenderloin Artichoke Cacciatore Whole Grain Pasta Broccoli Unsweetened Apple Sauce	**NOVEMBER 3** Herb Roasted Pork Loin Cinamon Apples Steamed Red Potatoes Sweet Corn & Peas Diced Pears	**NOVEMBER 4** Turkey Vegetable Curry Brown Basmati Rice Vegetable Medley Baby Carrots	**NOVEMBER 5** Hawaiian BBQ Chicken Scallion Roasted Sweet Potatoes Stir Fry Vegetables Mandarin Oranges	**NOVEMBER 6** Creamy Tuna & Wheat Germ Salad Cucumber-Chickpea & Red Onion Salad Coleslaw Craisins
NOVEMBER 9 BBQ Chicken Drumsticks Savory Farro Peas & Carrots Diced Pineapple Cup	**NOVEMBER 10** Lemon-Pepper Baked Cod Honey-Lemon Glaze Fingerling Potatoes Green Beans Shredded Carrots Apple Slices	**NOVEMBER 11** Cuban Beef Picadillo Cumin Spiced Lentil-Kale Mash Yellow Squash with Onion Baby Carrots	**NOVEMBER 12** Diced Turkey Picatta Mushrooms & Brown Rice Steamed Broccoli Roasted Carrots Raisins	**NOVEMBER 13** Shredded Chicken & Grape Salad Whole Grain Pasta Salad Tomato Red-Onion Salad Banana
NOVEMBER 16 Lemon Rosemary Loin Whole Wheat Pasta with Wheat Germ Olive Oil & Garlic Italian Green Beans Mandarin Oranges	**NOVEMBER 17** Roasted Chicken Tenderloins with Peppers & Onion Brown Rice Succotash with Orka Baby Carrots	**NOVEMBER 18** Baked Salmon Caprese Steamed Farro Butternut Squash with Tomato, Garbanzo & Onion Diced Peaches	**NOVEMBER 19** Citrus Based Pork Loin with Chimichurri Corn & Black Beans with Quinoa Brussels Sprouts Apple Sauce	**NOVEMBER 20** Turkey Wheat Germ & Artichoke Salad with Greek Yogurt Dressing Whole Wheat Orzo Chickpea Salad Broccoli Slaw Red Grapes