



North Port Meals on Wheels Menu - September 2026

For questions, service updates, or if your meal

doesn't arrive by 12 call 941-876-9191

Call before noon the prior business day to cancel your meal or you will be charged. No substitutions



United Way
of South Sarasota County

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Ham & Cabbage Bake Hot Apples 4 Blend Vegetables Mandarin Oranges	2 Shephard's Pie Green Beans Corn Peaches, Salad	3 Salisbury Steak Mashed Potatoes Capri Vegetables Mixed Fruit, Bread	4 Chicken Piccata w/Lemon & Mushroom Rice, 5 Blend Veggies Desserts	5 Stuffed Peppers w/Rice Green Beans Banana, Salad
6	7 Labor Day Sloppy Joes Roasted Potatoes 5 Blend Vegetables Peaches, Salad	8 Chicken Pot Pie Buttered Beets Hot Apples Mandarin Oranges	9 Ham & Raisin Gravy Mashed Potatoes Broccoli Pears, Salad	10 Chili Con Carne 4 Blend Vegetables Cornbread Mixed Fruit, Bread	11 Beans & Franks Scalloped Potatoes Green Beans Desserts	12 Chicken Tenders Tater Tots 5 Blend Vegetables Banana, Salad
13	14 Swedish Meatballs w/Noodles Peas, Carrots Pears, Salad	15 Smoked Sausage w/Peppers & Onions Rice, 4 Blend Vegetables Applesauce	16 BBQ Chicken Scalloped Potatoes Broccoli Mandarin Orange, Salad	17 Meatballs and Pasta w/Tomato Sauce Green Beans Mixed Fruit, Bread	18 Beef Stroganoff w/Noodles Peas, Corn Desserts	19 Pork Fritters Mashed Potatoes 5 Blend Vegetables Banana, Salad
20	21 Chicken Parmesan w/Pasta Green Beans Peaches, Salad	22 First day of Fall Meatloaf w/Mushrooms Mashed Potatoes 5 Blend Veggies, Pears	23 Turkey & Stuffing Sweet Potatoes Broccoli Applesauce, Salad	24 Manicotti w/Meat Sauce Peas & Carrots Dinner Roll Mixed Fruit, Bread	25 Chicken Teriyaki w/Rice 4 Blend Vegetables Desserts	26 Hamburger on Bun Roasted Potatoes Tomato & Pickles Banana, Salad
27	28 Country Fried Chicken Mashed Potatoes Peas & Carrots Pears, Salad	29 Ham & Egg Bake Biscuit Hot Apples Yogurt	30 Chicken Alfredo w/Pasta Broccoli, Carrots Peaches, Salad			

Menu may change without notice, Sugar-free desserts available Fridays - Breads and Pastries distributed based on a generous contribution from Publix as available
menu also available on our website: <http://npmow.org/menu>

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