



# North Port Meals on Wheels Menu - July 2026

## For questions, service updates, or if your meal doesn't arrive by 12 call 941-876-9191



United Way  
of South Sarasota County

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Turkey & Stuffing Sweet Potatoes Green Beans Salad, Fruit	<b>2</b> Manicotti w/Meat Sauce Broccoli Corn Mixed Fruit	<b>3</b> Beef Stroganoff w/Noodles Carrots, Peas Dessert	<b>4-Independence Day</b> Hamburger w/Bun Roasted Potatoes Tomato & Pickle Banana, Salad
5	<b>6</b> Country Fried Chicken Mashed Potatoes Capri Vegetables Pears, Salad	<b>7</b> Ham & Egg Bake Biscuit Hot Apples Yogurt	<b>8</b> Chicken Alfredo w/Pasta Broccoli, Carrots Fruit, Salad	<b>9</b> Stuffed Chicken Breast Mashed Potatoes 4 Blend Vegetables Mixed Fruit	<b>10</b> Ham & Scalloped Potatoes Peas, Corn Dessert	<b>11</b> Chicken Tenders Roasted Potatoes Green Beans Banana, Salad
12	<b>13</b> Macaroni Beef Bake Broccoli Carrots Peaches, Salad	<b>14</b> Chicken Salad Bean Salad Tomato Wedges Yogurt	<b>15</b> Shephard's Pie Peas, Carrots Mandarin Oranges Salad	<b>16</b> Lasagna Capri Vegetables Dinner Roll Mixed Fruit	<b>17</b> Chicken Fajita Casserole Mexicorn, Corn Muffin Dessert	<b>18</b> Meatballs Sub Roasted Potatoes 5 Blend Vegetables Banana, Salad
19	<b>20</b> Chicken & Dumplings Italian Vegetables Dinner Roll Peaches, Salad	<b>21</b> Ham & Cabbage Casserole Hot Apples Cornbread, Pears	<b>22</b> Roasted Pork Loin Sweet Potatoes Green Beans Pears, Salad	<b>23</b> Chili Con Carne Capri Vegetables Corn Bread Mixed Fruit	<b>24</b> Chicken Piccata w/Lemon & Mushrooms Rice, Broccoli Dessert	<b>25</b> Stuffed Peppers w/Rice 4 Blend Vegetables Banana, Salad
26	<b>27</b> Swedish Meatballs w/Pasta Green Beans, Carrots Pears, Salad	<b>28</b> Chicken Pot Pie Buttered Beets Hot Apples Mandarin Oranges	<b>29</b> Ham & Raisin Gravy Mashed Potatoes Capri Vegetables Peaches, Salad	<b>30</b> Meatballs and Pasta w/Tomato Sauce Italian Blend Mixed Fruit	<b>31</b> Baked Beans & Franks Roasted Potatoes Dinner Roll Dessert	<b>August 1</b>

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>

Photos by Unknown Author licensed under CC BY-SA-NC, CC BY-ND, CC BY-SA