



North Port Meals on Wheels Menu - September 2023

For questions, service updates, or if your meal doesn't arrive by 12

call 941-876-9191



United Way
of South Sarasota County

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Call before noon the prior business day to cancel your meal or you will be charged No substitutions			
	August 28 Swedish Meatballs (Beef) Noodles Peas Carrots Pears, Salad	29 Chicken Salad Tomato Wedges 3 Bean Salad Mandarin Oranges	30 Ham & Scldpd Potatoes Corn Green Beans Applesauce Salad	31 Lasagna Broc/Cauli Mix Garlic Bread Mixed Fruit	September 1 Chicken Piccata w/Mushrooms Rice Peas Dessert	2 Pork Fritter w/ gravy Mashed Potatoes Mixed Vegetables Banana Salad
3	4 Chicken Parmesan Peas Carrots Applesauce Salad	5 Ham & Egg Brkfst Bake Biscuit Hot Apples Yogurt	6 Turkey w/Gravy & Stufg Sweet Potatoes Green Beans Pears Salad	7 Beef Meatballs Pasta w/Tomato Sauce Mixed Vegetables Mixed Fruit	8 Chicken Fajita Casserole Mexicorn Corn Muffin Dessert	9 Hamburger on Bun Lettuce/Tomato/Pickle Tater Tots Banana Salad
10	11 Country Fried Chicken Mashed Potatoes Green Beans Peaches Salad	12 Smoked Sausage Bun, Peppers/Onions Baked Beans Applesauce	13 Chicken Alfredo w/Pasta Broccoli Cauliflower Pears Salad	14 Stuffed Chicken Breast Scalloped Potatoes Carrots Mixed Fruit	15 Beef Stroganoff w/Mushroom Gravy Peas Corn Dessert	16 Stuffed Peppers Rice Mixed Vegetables Banana Salad
17	18 Sloppy Joes Corn Peas Mandarin Oranges Salad	19 Chicken Pot Pie Hot Apples Buttered Beets Peaches	20 Roasted Pork Loin Sweet Potatoes Veg Blend Applesauce	21 Salisbury Steak Mashed Potatoes Green Beans Mixed Fruit	22 Teriyaki Pineapple Chicken White Rice Broccoli Dessert	23 Chicken Tenders Tater tots Mixed Vegetables Banana Salad
24	25 Macaroni-Beef Bake Dinner Roll Carrots Applesauce Salad	26 Meatloaf Roasted Potatoes Broccoli Pears	27 BBQ Chicken Breast Scalloped Potatoes Peas Peaches Salad	28 Manicotti w/Meat Sauce Garlic Bread Veg Blend Mixed Fruit	29 Ham w/Raisin Gravy Sweet Potatoes Green Beans Dessert	30 Chicken Sandwich Tater Tots Lettuce/Tomato/Pickle Banana Salad