



North Port Meals on Wheels Menu - September 2024

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
1	2 - Labor Day Macaroni Beef Bake Dinner Roll Peas, Mand Oranges Salad	3 Chicken Pot Pie Hot Apples Buttered Beets Peaches	4 Roasted Pork Loin Sweet Potatoes Carrots Applesauce, Salad	5 Manicotti w/Meat Sauce Green Beans Garlic Bread Mixed Fruit	6 Teriyaki Chicken w/Pineapple White Rice Broccoli, Dessert	7 Chicken Tenders Roasted Potatoes Mixed Vegetables Banana, Salad
8	9 Sloppy Joes Corn, Mand Oranges Peas Salad	10 Meatloaf Mashed Potatoes Broccoli Pears	11 Ham w/ Raisin Gravy Sweet Potatoes Green Beans Applesauce, Salad	12 Meatballs w/ Sauce Pasta Mixed Vegetables Mixed Fruit	13 Chicken Piccata w/Mushrooms Rice, Corn Dessert	14 Chicken Sandwich Sweet Potato Fries Tomato/Pickle Banana, Salad
15	16 Swedish Meatballs (Beef) w/Noodles Peas Carrots, Pears, Salad	17 Chicken Salad Tomato Wedges 3 Bean Salad Mandarin Oranges	18 BBQ Chicken Breast Roasted Potatoes Green Beans Peaches Salad	19 Lasagna Broc/Cauli Mix Garlic Bread Mixed Fruit	20 Ham & Scalloped Potatoes Carrots, Corn Dessert	21 Pork Fritter w/Gravy Mashed Potatoes Mixed Veg, Salad Banana
22	23 Chicken Parmesan Green Beans Dinner Roll Applesauce, Salad	24 Ham & Egg Brkfst Bake Biscuit Hot Apples Yogurt	25 Chicken Alfredo w/Pasta Broccoli Cauliflower, Pears	26 Stuffed Chicken Breast Mashed Potatoes Carrots Mixed Fruit	27 Beef Stroganoff w/Mushroom Gravy Peas, Corn Dessert	28 Stuffed Peppers Rice Mixed Vegetables Banana, Salad
29	30 Country Fried Chicken Carrots, Peaches Peas Salad	October 1 Smoked Sausage Roll, Peppers/Onions Baked Beans Applesauce	2 Turkey w/Stuffing & Gravy Sweet Potatoes Green Beans Pears	3 Salisbury Steak Mashed Potatoes Mixed Vegetables Mixed Fruit	4 Chicken Fajita Casserole Mexicorn Corn Muffin Dessert	5 Burger on Bun Hash Browns Tomato & Pickle Banana, 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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