



North Port Meals on Wheels Menu - October 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 Lasagna 5 Blend Vegetables Dinner Roll Mixed Fruit, Bread	2 Chicken Fajitas Yellow Rice Mexicorn, Corn Muffin Desserts	3 Meatball Sub Tater Tots 4 Blend Vegetables Banana, Salad
4	5 Macaroni Bake Green Beans Carrots Pears, Salad	6 Chicken Salad Bean Salad Tomato Wedges Yogurt	7 Roasted Pork Loin Sweet Potatoes 5 Blend Vegetables Applesauce, Salad	8 Stuffed Chicken Breast Mashed Potatoes Capri Vegetables Mixed Fruit, Bread	9 Ham & Scalloped Potatoes Green Beans, Carrots Desserts	10 Chicken Sandwich Roasted Potatoes 4 Blend Vegetables Banana, Salad
11	12 Columbus Day Chicken & Dumplings Capri Vegetables Corn Peaches, Salad	13 Ham, Macaroni and Cheese Bake 5 Blend Vegetables Broccoli, Pears	14 Chicken Cacciatore w/Noodles Green Beans, Carrots Mand Oranges, Salad	15 Salisbury Steak Mashed Potatoes 4 Blend Vegetables Mixed Fruit, Bread	16 Chicken Piccata w/Lemon & Mushrooms Rice, Capri Vegetables Desserts	17 Stuffed Peppers w/Rice 5 Blend Vegetables Banana, Salad
18	19 Swedish Meatballs w/Noodles Green Beans, Carrots Mand Oranges, Salad	20 Chicken Pot Pie Buttered Beets Hot Apples Peaches	21 Ham & Raisin Gravy Mashed Potatoes Broccoli Pears, Salad	22 Chili Con Carne 4 Blend Vegetables Dinner Roll Mixed Fruit, Bread	23 Beans & Franks Scalloped Potatoes 5 Blend Vegetables Desserts	24 Chicken Tenders Tater Tots Green Beans Banana, Salad
25	26 Sloppy Joes w/Bun Roasted Potatoes 5 Blend Vegetables Applesauce, Salad	27 Smoked Sausage w/Peppers & Onions Rice, Green Beans Mandarin Oranges	28 BBQ Chicken Scalloped Potatoes 4 Blend Vegetables Peaches, Salad	29 Meatballs & Pasta w/Tomato Sauce Capri Vegetables Mixed Fruit, Bread	30 Beef Stroganoff w/Noodles Broccoli, Carrots Desserts	31 Pork Fritters Mashed Potatoes 4 Blend Vegetables 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
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