



North Port Meals on Wheels Menu - November 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
	Oct 28 Chicken Parmesan Green Beans Dinner Roll Applesauce, Salad	29 Ham & Egg Brkfst Bake Biscuit Hot Apples Yogurt	30 Chicken Alfredo w/Pasta Broccoli Cauliflower, Pears	31 Stuffed Chicken Breast Mashed Potatoes Carrots Mixed Fruit	Nov 1 Beef Stroganoff w/Mushroom Gravy Peas, Corn Dessert	Nov 2 Stuffed Peppers Rice Mixed Vegetables Banana, Salad
3	4 Country Fried Chicken Mashed Potatoes Carrots, Peaches Salad	5 Smoked Sausage w/Peppers & Onion - Baked Beans Rolls, Applesauce	6 Manicotti w/Meat Sauce Dinner Rolls Green Beans Pears, Salad	7 Salisbury Steak Corn & Peas Mixed Fruit	8 Chicken Fajita Casserole Corn Muffin MexiCorn Dessert	9 Burger on a Bun Sweet Potato Fries Tomato/Pickle Banana, Salad
10	11 Sloppy Joes Corn, Peas Pears, Salad	12 Chicken Salad Tomato Wedges 3 Bean Salad Mand. Oranges	13 Ham w/Raisin Gravy Sweet Potatoes Green Beans Apple Sauce, Salad	14 Meatballs w/Sauce Pasta Mixed Veggies Mixed Fruit	15 Chicken Piccata w/mushrooms Rice, Corn Dessert	16 Chicken Sandwich Sweet Potato Fries Tomato & Pickle Banana
17	18 Swedish Meatballs w/Noodles Peas, Carrots Pears, Salad	19 Meatloaf Mashed Potatoes Limas & Corn Apple Sauce	20 BBQ Chicken Breast Scalloped Potatoes Green Beans Peaches, Salad	21 Lasagna Dinner Rolls Broc/Cauliflower Mixed Fruit	22 Ham & Scalloped Potatoes Carrots, Corn Dessert	23 Pork Fritter w Country Gravy Mashed Potatoes Mixed Veggies, Banana
24	25 Macaroni & Beef Dinner Roll Peas Mand. Oranges, Salad	26 Chicken Pot Pie Hot Apples Buttered Beets Peaches	27 Roasted Pork Loin w/gravy Mashed Potatoes Carrots Apple Sauce	28 Turkey w/Gravy & Stufg Sweet Potatoes Green Beans Cranberry Sauce Pumpkin Pie	29 Teriyaki Chicken w/ Pinapple Rice, Broccoli Dessert	30 Chicken Tenders Roasted Potatoes Mixed 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
menu also available on our website: <http://npmow.org/menu>

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