



North Port Meals on Wheels Menu - February 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	
	January 29 Country Fried Chicken Mashed Potatoes Carrots, Dessert	30 Smoked Sausage Roll, Peppers/Onions Baked Beans Applesauce	31 Stuffed Chicken Breast Scalloped Potatoes Broccoli Mixed Fruit	February 1 Turkey w/Gravy & Stufg Sweet Potatoes Green Beans Pears	2 - Groundhog Day Beef Stroganoff w/Mushroom Gravy Peas Corn, Dessert 	3 Stuffed Peppers Rice Mixed Vegetables Banana, Salad	
4	5 Macaroni-Beef Bake Dinner Roll Peas, Mand Oranges Salad	6 Chicken Pot Pie Hot Apples Buttered Beets Peaches	7 Roasted Pork Loin Sweet Potatoes Veg Blend Applesauce, Salad	8 Salisbury Steak Mashed Potatoes Carrots Mixed Fruit	9 Teriyaki Pineapple Chicken White Rice Broccoli, Dessert	10 Chicken Tenders Roasted Potatoes Mixed Vegetables Banana, Salad	
11	 12 Sloppy Joes Corn, Mand Oranges Peas Salad	13 Meatloaf Roasted Potatoes Broccoli Pears	14 - Valentine's Day Ham & Scldpd Potatoes Carrots  Green Beans Applesauce, Salad	15 Manicotti w/Meat Sauce Garlic Bread Vegetable Blend Mixed Fruit	16 Chicken Piccata w/Mushrooms Rice, Corn Dessert	17 Chicken Sandwich Sweet Potatoes Tomato/Pickle Banana, Salad	
18	19 - President's Day Swedish Meatballs (Beef) Noodles Peas Carrots, Pears Salad 	20 Chicken Salad Tomato Wedges 3 Bean Salad Mandarin Oranges	21 BBQ Chicken Breast Scalloped Potatoes Green Beans Peaches Salad	22 Lasagna Brocc/Cauli Mix Garlic Bread Mixed Fruit	23 Ham w/Raisin Gravy Sweet Potatoes Corn Dessert	24 Hamburger on Bun Tomato/Pickle Hash Browns Banana, Salad	
25	26 Chicken Parmesan Peas Corn Applesauce, Salad	27 Ham & Egg Brkfst Bake Biscuit Hot Apples Yogurt	28 Chicken Alfredo w/Pasta Broccoli Cauliflower Pears, Salad	29 - Leap Day  Beef Meatballs Mixed Vegetables Pasta w/Tomato Sauce Mixed Fruit	March 1 Chicken Fajita Casserole Mexicorn Corn Muffin Dessert	March 2 Pork Fritter w/ gravy Mashed 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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