



# North Port Meals on Wheels Menu - August 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<br>Chicken Tenders<br>Tater Tots<br>Green Beans<br>Banana, Salad              |
| 2   | 3<br>Sloppy Joes<br>Roasted Potatoes<br>4 Blend Vegetables<br>Peaches, Salad           | 4<br>Smoke Sausage<br>w/Peppers & Onions<br>Rice, Peas & Carrots<br>Mandarin Oranges | 5<br>BBQ Chicken<br>Scalloped Potatoes<br>Capri Vegetables<br>Pears, Salad         | 6<br>Meatballs and Pasta<br>w/Tomato Sauce<br>Green Beans<br>Mixed Fruit, Bread              | 7<br>Beef Stroganoff<br>w/noodles<br>Carrots, Broccoli<br>Desserts       | 8<br>Pork Fritters<br>Mashed Potatoes<br>4 Blend Vegetables<br>Banana, Salad    |
| 9   | 10<br>Chicken Parmesan<br>w/Pasta<br>5 Blend Vegetables<br>Pears, Salad                | 11<br>Meatloaf w/Mushrooms<br>Mashed Potatoes<br>Broccoli<br>Peaches                 | 12<br>Turkey & Stuffing<br>Sweet Potatoes<br>Green Beans<br>Mandarin Orange, Salad | 13<br>Manicotti w/Meat Sauce<br>Capri Vegetables<br>Dinner Roll<br>Mixed Fruit, Bread        | 14<br>Chicken Teriyaki<br>w/Rice<br>5 Blend Vegetables<br>Desserts       | 15<br>Hamburger on Bun<br>Roasted Potatoes<br>Tomato & Pickles<br>Banana, Salad |
| 16  | 17<br>Country Fried Chicken<br>Mashed Potatoes<br>4 Blend Vegetables<br>Peaches, Salad | 18<br>Ham & Egg Bake<br>Biscuit<br>Hot Apples<br>Yogurt                              | 19<br>Chicken Alfredo<br>w/Pasta<br>Peas, Carrots<br>Pears, Salad                  | 20<br>Lasagna<br>5 Blend Vegetables<br>Dinner Roll<br>Mixed Fruit, Bread                     | 21<br>Chicken Fajita<br>Yellow Rice<br>Mexicorn, Corn Muffin<br>Desserts | 22<br>Chicken Sandwich<br>Tater Tots<br>4 Blend Vegetables<br>Banana, Salad     |
| 23  | 24<br>Macaroni Beef Bake<br>Green Beans, Carrots<br>Mandarin Oranges                   | 25<br>Chicken Salad<br>Bean Salad<br>Tomato Wedges<br>Yogurt                         | 26<br>Pork Loin<br>Sweet Potatoes<br>5 Blend Vegetables<br>Peaches, Salad          | 27<br>Stuffed Chicken Breast<br>Scalloped Potatoes<br>Capri Vegetables<br>Mixed Fruit, Bread | 28<br>Ham & Scalloped Potatoes<br>Green Beans, Corn<br>Desserts          | 29<br>Meatball Sub<br>Tater Tots<br>4 Blend Vegetables<br>Banana, Salad         |
| 30  | 31<br>Chicken and Dumplings<br>Pea & Carrots<br>Dinner Roll<br>Pears, 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> Photos by Unknown Author licensed under CC BY-SA-NC, CC BY-ND, CC BY-SA