North Port Meals on Wheels Menu - November 2026

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 Chicken Parmesan w/Pasta 5 Blend Vegetables Peaches, Salad	3 Ham, Macaroni & Cheese Bake 4 Blend Vegetables Broccoli, Pears	4 Shephard Pie Green Beans, Corn Mandarin Oranges Salad	5 Manicotti w/Meat Sauce Italian Blend Vegetables Dinner Roll Mixed Fruit, Bread	6 Chicken Teriyaki w/Rice 4 Blend Vegetables Desserts	7 Hamburger on Bun Roasted Potatoes Tomato & Pickles Banana, Salad
8	9 Country Fried Chicken Mashed Potatoes 4 Blend Vegetables Peaches, Salad	10 Ham & Egg Bake Biscuit Hot Apples Yogurt	11 Chicken Alfredo w/Pasta Broccoli, Carrots Pears, Salad	12 Lasagna Italian Blend Vegetables Dinner Roll Mixed Fruit, Bread	13 Chicken Fajitas w/Yellow Rice Mexicorn, Corn Muffins Desserts	14 Meatball Sub Tater Tots 4 Blend Vegetables Banana, Salad
15	16 Macaroni Bake Peas Carrots Pears, Salad	17 Chicken Salad Bean Salad Tomato Wedges Yogurt	18 Roasted Pork Loin Sweet Potatoes 5 Blend Vegetables Apple Sauce, Salad	19 Stuffed Chicken Breast Mashed Potatoes Italian Blend Vegetables Mixed Fruit, Bread	20 Ham & Scalloped Potatoes Green Beans, Carrots Desserts	21 Chicken Sandwich Roasted Potatoes 4 Blend Vegetables Banana, Salad
22	23 Chicken & Dumplings Green Beans 5 Blend Vegetables Pears, Salad	24 Meatloaf w/Mushroom Gravy 4 Blend Vegetables Mandarin Oranges	25 Chicken Cacciatore w/Pasta, Carrots Italian Blend Vegetables Peaches, Salad	**26 - Thanksgiving Day** Turkey w/Gravy & Stuffing Sweet Potatoes Broccoli Casserole Cranberry Sauce, Dessert	27 Chicken Piccata w/Lemon & Mushrooms Rice, Green Beans Desserts	28 Stuffed Peppers w/Rice 5 Blend Vegetables Banana, Salad
29	30 Swedish Meatballs w/ Noodles Carrots, Green Beans Peaches, 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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