



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