



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