



# North Port Meals on Wheels Menu - January 2025

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<br>Stuffed Chicken Breast<br>Scalloped Potatoes<br>Broccoli<br>Mixed fruit & Salad  | 2<br>Turkey w/gravy & stuffing<br>Sweet Potatoes<br>Peas<br>Pears             | 3<br>Beef Stroganoff<br>w/mushroom gravy<br>Green Beans<br>Corn, Dessert              | 4<br>Stuffed Peppers<br>Rice<br>Mixed Vegetables<br>Banana, Salad                     |
| 5   | 6<br>Macaroni-Beef Bake<br>Dinner Roll<br>Carrots<br>Applesauce, Salad        | 7<br>Meatloaf<br>Roasted Potatoes<br>Mixed Veggies<br>Pears                       | 8<br>Ham & Scldpd Potatoes<br>Corn, Grn Beans<br>Applesauce,<br>Salad   | 9<br>Manicotti w/Meat Sauce<br>Roll<br>Broccoli<br>Mixed Fruit                | 10<br>Chicken Piccata<br>w/Mushrooms<br>Rice, Peas<br>Dessert                         | 11<br>Chicken Sandwich<br>Sweet Potato fries<br>Tomato/Pickle<br>Banana, Salad        |
| 12  | 13<br>Swedish Meatballs<br>& Noodles<br>Peas<br>Carrots, Pears, Salad         | 14<br>Chicken Salad<br>Tomato Wedges<br>3 Bean Salad<br>Mandarin Oranges          | 15<br>BBQ Chicken Breast<br>Scalloped Potatoes<br>Green Beans<br>Peaches Salad  | 16<br>Lasagna<br>Brocc/Cauli Mix<br>Roll<br>Mixed Fruit                       | 17<br>Ham w/Raisin Gravy<br>Sweet Potatoes<br>Corn<br>Dessert                         | 18<br>Pork Fritter w/ gravy<br>Mashed Potatoes<br>Mixed Vegetables<br>Banana, Salad   |
| 19  | 20<br>Chicken Parmesan<br>Peas<br>Carrots<br>Applesauce, Salad                | 21<br>Ham & Egg Brkfst Bake<br>Biscuit<br>Hot Apples<br>Yogurt                    | 22<br>Chicken Alfredo w/Pasta<br>Broccoli<br>Cauliflower<br>Pears, Salad  | 23<br>Pasta w/ tomato sauce &<br>meatballs<br>Mixed Vegetables<br>Mixed Fruit | 24<br>Chicken Fajita Casserole<br>Mexicorn<br>Corn Muffin<br>Dessert                  | 25<br>Hamburger on Bun<br>Tomato/Pickle<br>Sweet Potato Fries<br>Banana, Salad        |
| 26  | 27<br>Country Fried Chicken<br>Mashed Potatoes<br>Carrots & Mixed fruit Salad | 28<br>Smoked Sausage<br>Roll, Peppers/Onions<br>Green Beans<br>Peaches            | 29<br>Stuffed Chicken Breast<br>Scalloped Potatoes<br>Broccoli<br>Mard. Oranges & Salad   | 30<br>Turkey w/Gravy & Stufg<br>Sweet Potatoes<br>Peas<br>Pears               | 31<br>Beef Stroganoff<br>w/Mushroom Gravy<br>Green beans<br>Corn, Dessert             | February 1<br>Stuffed Peppers<br>Rice<br>Mixed Vegetables<br>Banana, Salad            |
|  |   |   | <br> |   |  |  |

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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