



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Longmont Meals on Wheels 303-772-0540 www.longmontmeals.org 910 Longs Peak Avenue, Longmont, CO 80501					1 Caesar Salad	2
3	4 Crunchy Cod	5 Salisbury Steak	6 Sweet & Sour Chicken	7 Beef Stew	8 Ham & Cheese Quiche	9
10	11 Pork Carnitas	12 Beef Tips	13 Oven Roasted Chicken	14 Swiss Steak	15 Spaghetti & Meatballs	16
17	18 Stuffed Potatoes	19 Hawaiian Pork Burger	20 Pepperoni Pizza	21 Teriyaki Salmon	22 Baked Macaroni & Cheese	23
24	25 Chicken Egg Roll	26 Meatloaf	27 Spinach Lasagna	28 Pot Roast		

