

November 2023

Longmont Meals on Wheels

303-772-0540

www.longmontmeals.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Menu items are subject to change. Please call with schedule changes before 5pm the day before delivery. 303-772-0540  = higher carb  = higher sodium			1 Tex Mex Chicken and Zucchini 	2 Beef Stroganoff	3 Breaded Cod	4
5	6 Chicken a la King	7 Turkey Rice Casserole	8 Pot Roast	9 BBQ Pork	10 CLOSED	11
12	13 Stuffed Peppers	14 Chicken Parmesan 	15 Salmon and Potato Bake	16 Swedish Meatballs	17 Mac & Cheese	18
19	20 Meatloaf	21 Vegetable Tortellini Alfredo National Gingerbread Cookie Day	22 Turkey Dinner  	23 CLOSED HAPPY THANKSGIVING	24 CLOSED	25
26	27 Bean Burrito Casserole	28 Manicotti	29 Pesto Chicken	30 Cabbage Rolls		

