



September 2024

Longmont Meals on Wheels
303-772-0540
www.longmontmeals.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2 CLOSED Labor Day	3 Ham and Hashbrown Casserole	4 Sloppy Joes	5 Chicken Tenders	6 Turkey Tetrazzini	7	
8	9 Pork Chop w/ Creamy Gravy	10 Meatloaf	11 Chicken Teriyaki	12 Salmon and Potato Bake	13 Lasagna Rollup	14	
15	16 Chicken Cordon Royal	17 Vegetarian Shepherds Pie	18 Turkey Patty National Rice Krispie Treats Day	19 Cheesy Beef Fajita Rice Casserole	20 Pork w/ Mushroom Sauce	21	
22	23 BBQ Meatballs National White Chocolate Day	24 Creamy Chicken and Bacon w/ Pasta	25 Pot Roast	26 Sweet and Sour Pork	27 Breaded Cod	28	
29	30 Cheese Enchilada Casserole		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Menu items are subject to change. Please call with schedule changes before 5pm the day before delivery. 303-772-0540</p> <p> = higher carb  = higher sodium</p> </div>				

The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy and Sesame. Please notify staff for more information about these ingredients.