



June 2023

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>			Chopped Chicken Salad	¹ Pork w/ Mushroom Sauce	² Creamy Chicken & Bacon w/ Pasta National Donut Day	³
⁴	⁵ Breaded Cod	⁶ Sweet & Sour Pork	⁷ BBQ Meatballs	⁸ Southwestern Salad	⁹ Vegetarian Shepherd's Pie	¹⁰
¹¹	¹² Ham & Hash Brown Casserole National Peanut Butter Cookie Day	¹³ Beef Pot Pie	¹⁴ Chicken Teriyaki	¹⁵ Veggie Quiche	¹⁶ Sloppy Joe	¹⁷
¹⁸	¹⁹ Jersey Mike's Sandwich 	²⁰ BBQ Chicken	²¹ Beef Tips	²² Turkey Tetrazzini 	²³ Cheese Enchilada Casserole	²⁴
²⁵	²⁶ Chicken Tenders National Chocolate Pudding Day	²⁷ Pork Chop w/ Cream Gravy	²⁸ Meatloaf	²⁹ Chicken Cordon Royal	³⁰ Lasagna Rollup	

