


April 2024

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--------|---|--|---|----------------------|-------------------------------------|----------|--|
| | 1 Roasted Chicken w/ Stuffing | 2 Swiss Steak | 3 Honey Mustard Pork | 4 Veggie Pizza | 5 Chicken Taco Bake | 6 | |
| 7 | 8 BBQ Pulled Pork | 9 Chicken, Broccoli, Rice Casserole | 10 Italian Sausage w/ Onions | 11 Meatloaf | 12 Cheese Ravioli w/ Pesto Sauce | 13 | |
| 14 | 15 Chicken w/ Mushrooms, Onions & Cheese | 16 Meatball Marinara Sub | 17 Southwestern Chicken Salad | 18 Turkey Alfredo | 19 Ham w/ Pineapple Sauce | 20 | |
| 21 | 22 Tuna Noodle Casserole | 23 Chicken Carnitas | 24 Pot Roast | 25 Breaded Cod | 26 Pork and Veggie Eggrolls | 27 | |
| 28 | 29 Rosemary Garlic Pork w/ Chickpeas | 30 Black Bean Burger w/ Corn Relish | <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> | | | | |

National Caramel Day

 National Animal Cracker Day

National Oatmeal Cookie Day

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.

