



May 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 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 Tuna Salad	2 Swedish Meatballs	3 Chicken Tamale Bake 🍞	4
5	6 Chicken w/ Mushrooms, Onions & Cheese	7 Turkey Rice Casserole	8 Manicotti	9 Breakfast Burrito	10 Cabbage Roll	11
12 	13 Salmon National Apple Pie Day	14 Chicken a la King	15 Meatloaf	16 Vegetable Tortellini Alfredo	17 Tex Mex Chicken and Zucchini	18
19	20 Spaghetti and Meatballs 🍞	21 BBQ Pork	22 Jersey Mike's Sandwich	23 Bean Burrito Casserole	24 Stuffed Peppers	25
26	27 CLOSED Memorial Day	28 Pesto Chicken	29 Pot Roast	30 Mac & Cheese National Scone Day	31 Cobb Salad	

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.