



May 2023

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	1 Stuffed Peppers	2 Mac & Cheese	3 Chicken Spinach Salad	4 Pot Roast	5 Bean Burrito Casserole	6
7	8 Chicken ala King	9 BBQ Pork	10 Meatloaf	11 Breakfast Burrito	12 Vegetable Tortellini Alfredo	13
14	15 Chicken Parmesan	16 Swedish Meatballs	17 Cobb Salad	18 Breaded Cod	19 Beef & Broccoli	20
21	22 Turkey Rice Casserole	23 Cabbage Rolls	24 Roast Beef	25 Salmon and Potato Bake	26 Pesto Chicken	27
28	29 CLOSED Memorial Day	30 Manicotti	31 Tex Mex Chicken and Zucchini	<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>		



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