







July 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Turkey Alfredo 	2 Chicken Taco Bake	3 Hot Dogs 	4 CLOSED 4th of July	5 Salmon and Potato Bake	6
7	8 BBQ Pulled Pork National Chocolate with Almonds Day	9 Veggie Pizza	10 Meatloaf	11 Chicken Tenders	12 Lasagna Rollup	13
14	15 Smothered Chicken w/ Mushrooms, Onions & Cheese	16 Meatball Marinara Subs	17 Honey Mustard Pork	18 Southwestern Chicken Salad	19 Ham w/ Pineapple Sauce	20
21	22 Tuna Noodle Casserole	23 Chicken Carnitas	24 Pot Roast	25 Breaded Cod	26 Pork and Veggie Egg Rolls 	27
28	29 Rosemary Garlic Pork w/ Chickpeas	30 Swiss Steaks	31 Cheese Ravioli w/ Pesto Sauce National Raspberry Cake Day 	<div style="border: 1px solid black; padding: 5px;"> <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.