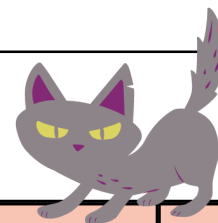


October 2024



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>		<p>1 Beef Pot Pie</p> <p>National Pumpkin Spice Day</p>	<p>2 Rosemary Garlic Pork w/ Chickpeas</p>	<p>3 Beef Stroganoff</p>	<p>4 BBQ Chicken</p>	<p>5</p>
	<p>6</p>	<p>7 Pork & Veggie Egg Rolls</p> <p></p>	<p>8 Veggie Pizza</p>	<p>9 Meatloaf</p>	<p>10 Chicken Taco Bake</p>	<p>11 Tuna Noodle Casserole</p>
<p>13</p>	<p>14 Smothered Chicken w/ Mushrooms, Onions & Cheese</p>	<p>15 Meatball Marinara Sub</p> <p>National Lemon Bar Day</p>	<p>16 Honey Mustard Pork</p>	<p>17 Lasagna Rollup</p>	<p>18 Chicken Tenders</p>	<p>19</p>
<p>20</p>	<p>21 Ham w/ Pineapple Sauce</p>	<p>22 Chicken Carnitas</p>	<p>23 Swiss Steak</p>	<p>24 Veggie Quiche</p>	<p>25 BBQ Pulled Pork</p>	<p>26</p>
<p>27</p>	<p>28 Pot Roast</p>	<p>29 Breaded Cod</p>	<p>30 Southwestern Chicken Salad</p>	<p>31 Chili</p> <p>Happy Halloween!</p> <p> </p>		

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.