

September 2025

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CLOSED Labor Day	2 Salmon & Potato Bake World Coconut Day	3 Turkey Patty	4 Sloppy Joes	5 Chicken, Broccoli & Rice Casserole	6
7	8 Pork Chop w/ Creamy Gravy	9 Meatloaf	10 Cheese Enchilada Casserole	11 Chicken Spinach Salad	12 Lasagna Rollup	13
14	15 Chicken a la King	16 Vegetarian Shepherd's Pie	17 BBQ Meatballs	18 Tex Mex Chicken and Zucchini National Rice Krispie Treats Day	19 Sweet & Sour Pork	20
21	22 Ham w/ Cherry Sauce	23 Chicken Tenders	24 Pot Roast	25 Ground Beef Tamale Bake 🍞	26 Breaded Cod	27
28	29 Chicken Teriyaki	30 Vegetable Tortellini Alfredo	<div> <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.