

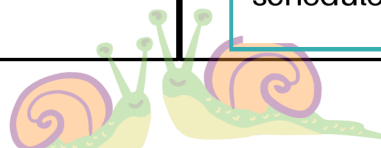


August 2026



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Mac & Cheese	4 Italian Sausage w/ Onions & Peppers National Chocolate Chip Cookie Day	5 Stuffed Peppers	6 Pesto Chicken	7 Quiche	1 / 8
9	10 Chicken w/ Mushroom Sauce	11 Beef & Cheese Enchilada Bake	12 Cobb Salad	13 Swedish Meatballs	14 Pasta Alfredo w/ Veggies	15
16	17 Meatloaf	18 Bratwurst	19 Chicken w/ Mushrooms, Onions & Cheese	20 Manicotti	21 Jersey Mike's Sandwiches	22
23	24 Ham w/ Pineapple Sauce	25 Creamy Tomato Ravioli	26 Pot Roast	27 Southwestern Chicken Salad National Banana Lovers Day	28 Crusted White Fish	29
30	31 Cabbage Rolls		Menu items are subject to change. If you have any questions about sodium and carbohydrates, call the office. Please call with schedule changes before 5pm the day before delivery. 303-772-0540			



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.