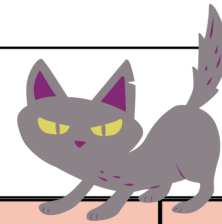




October 2022



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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--------|---|--|------------------------------------|--------------------------------|--|---|--|
| 2 | 3 Cabbage Rolls | 4 Chicken Cordon Royal | 5 Beef and Broccoli | 6 Mac & Cheese | 7 Tex Mex Chicken and Zucchini  | 8  | |
| 9 | 10 Chicken ala King | 11 BBQ Pork   | 12 Vegetable Tortellini Alfredo | 13 Roast Beef | 14 Swedish Meatballs  | 15  | |
| 16 | 17 Chicken Parmesan | 18 Breaded Cod  | 19 Stuffed Peppers | 20 Sausage Vegetable Medley | 21 Apricot Pepper Chicken | 22 | |
| 23 | 24 Turkey Rice Casserole | 25 Pot Roast | 26 Veggie Quiche | 27 Meatloaf | 28 Manicotti | 29 | |
| 30 | 31 Chili   | <div style="border: 1px solid orange; padding: 5px;"> <p>Menu items are subject to change. Please call with schedule changes before 5pm the day before delivery. 303-772-0540  = higher carb  = higher sodium</p> </div> | | | | | |

