

February 2025

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>					1
2	3 Cabbage Rolls	4 Chicken w/ Mushrooms, Onions & Cheese	5 Cheese Ravioli w/ Pesto Sauce 	6 Swedish Meatballs	7 Bean Burrito Casserole	8
9	10 Italian Sausage w/ Onions & Peppers	11 Meatloaf National Peppermint Patty Day	12 Pork w/ Mushroom Sauce	13 Chicken Parmesan 	14 Salmon HAPPY VALENTINE'S DAY National Cream Filled Chocolates Day	15
16	17 CLOSED	18 BBQ Pork	19 Beef Fajitas	20 Mac & Cheese National Muffin Day	21 Roasted Chicken w/ Stuffing	22
23	24 Pot Roast	25 Manicotti	26 Chili	27 Italian Cod	28 Stuffed Peppers	

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.