

January 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 CLOSED HAPPY NEW YEAR!	2 Beef Stroganoff	3 BBQ Chicken	4
5 	6 Pork & Veggie Egg Rolls 	7 Veggie Pizza	8 Meatloaf	9 Chicken Taco Bake	10 Tuna Noodle Casserole	11
12	13 Chicken w/ Mushrooms, Onions, & Cheese	14 Turkey Rice Casserole	15 Honey Mustard Pork	16 Lasagna Rollup	17 Chicken Tenders	18
19	20 CLOSED	21 Chicken Carnitas National Granola Bar Day	22 Veggie Quiche	23 Swiss Steak	24 BBQ Pulled Pork	25
26	27 Pot Roast	28 Breaded Cod	29 Meatball Marinara Sub	30 Turkey Pot Pie	31 Veggie Fettuccine Alfredo 	

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.