



# March 2023



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 BBQ Meatballs	2 Pork w/ Mushroom Sauce	3 Vegetarian Shepherds Pie	4
5	6 Beef Tips	7 Manicotti  	8 Sweet and Sour Pork	9 Sloppy Joes	10 Veggie Quiche	11
12 <i>Daylight Savings Begins (set clock forward 1 hour)</i>	13 Eggs, Potatoes and Sausage	14 Roast Beef	15 BBQ Chicken	16 Goulash	17 Corned Beef and Cabbage  	18
19	20 Beef Pot Pie	21 Chicken Teriyaki	22 Meatloaf	23 Turkey Tetrazzini  	24 Cheese Enchilada Casserole	25
26	27 Chicken Tenders	28 Hot Dog	29 Chicken Cordon Royal	30 Crunchy Cod	31 Lasagna Rollup	

