








February 2023

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Mac & Cheese	2 Apricot Chicken	3 Beef and Broccoli	4
5	6 Tex Mex Chicken and Zucchini 	7 BBQ Pork	8 Pot Roast	9 Chicken a la King	10 Swedish Meatballs 	11
12	13 Chicken Parmesan 	14 Salmon HAPPY VALENTINE'S DAY!  	15 Stuffed Peppers	15 Sausage Vegetable Medley	17 Vegetable Tortellini Alfredo	18
19	20 Turkey Rice Casserole	21 Cabbage Rolls	22 Breaded Cod	23 Meatloaf	24 Manicotti	25
26	27 Roast Beef	28 Pesto Chicken	<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>			

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MINE

