

July 2026

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 5px;"> Menu items are subject to change. If you have any questions about sodium and carbohydrates, call the office. Please call with schedule changes before 5pm the day before delivery. 303-772-0540 </div>			1 Veggie Pizza	2 BBQ Pulled Pork Sandwich	3 CLOSED	4
5	6 Meatball Marinara Subs	7 Turkey Rice Casserole	8 Chicken Carnitas	9 Tortellini Alfredo National Sugar Cookie Day	10 Pork & Veggie Egg Rolls	11
12	13 Chicken w/ Mushrooms, Onions & Cheese	14 Breaded Cod	15 Pork Stir Fry	16 Southwestern Chicken Salad	17 Swiss Steak	18
19	20 Manicotti	21 BBQ Chicken	22 Meatloaf	23 Ham & Hash Brown Casserole	24 Jersey Mike's Sandwich	25
26	27 Pot Roast	28 Pork Taco Bake National Milk Chocolate Day	29 Turkey Pot Pie	30 Tuna Salad	31 Chicken Tenders	

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.