

# July 2022

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		* Menu items are subject to change.* Please call with schedule changes before 5pm the day before delivery. 303-772-0540			<sup>1</sup> Ham & Cheese Sandwich	<sup>2</sup>
<sup>3</sup>	<sup>4</sup> <b>CLOSED</b> 4th of July	<sup>5</sup> Turkey Tetrazzini	<sup>6</sup> Sweet & Sour Pork	<sup>7</sup> Sloppy Joes	<sup>8</sup> Chicken Carnitas	<sup>9</sup>
<sup>10</sup>	<sup>11</sup> Swedish Meatballs	<sup>12</sup> Turkey Patty	<sup>13</sup> Southwest Chicken Salad	<sup>14</sup> Goulash	<sup>15</sup> Breaded Cod	<sup>16</sup>
<sup>17</sup>	<sup>18</sup> Beef Pot Pie	<sup>19</sup> BBQ Chicken	<sup>20</sup> Spaghetti and Meatballs	<sup>21</sup> Hot Dog	<sup>22</sup> Cheese Enchilada Casserole	<sup>23</sup>
<sup>24</sup> <div>31</div>	<sup>25</sup> Pork w/ Mushroom Sauce	<sup>26</sup> Chicken Tenders	<sup>27</sup> Pot Roast	<sup>28</sup> Lasagna Rollup	<sup>29</sup> Chicken Teriyaki	<sup>30</sup>