

January 2023

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CLOSED	3 Turkey Patty	4 BBQ Meatballs	5 Chicken Tenders	6 Shepherds Pie	7
8	9 Roast Beef	10 Lasagna Rollup	11 Sweet & Sour Pork	12 Sloppy Joes	13 Chicken Carnitas	14
15	16 Goulash	17 Hot Dog	18 Meatloaf	19 BBQ Chicken	20 Veggie Quiche	21
22	23 Cheese Enchilada Casserole	24 Chicken Teriyaki	25 Turkey Tetrizzini	26 Beef Pot Pie	27 Breaded Cod	28
29	30 Pork w/ Mushroom Sauce	31 Beef Tips	Menu items are subject to change. Please call with schedule changes before 5pm the day before delivery. 303-772-0540 = higher carb = higher sodium			