

# January 2026

Longmont Meals on Wheels  
303-772-0540  
[www.longmontmeals.org](http://www.longmontmeals.org)

| HAPPY DAY   | MONDAY  | TUESDAY   | WEDNESDAY                   | THURSDAY                         | FRIDAY                                       | SATURDAY |
|---|---|---|-----------------------------|----------------------------------|--|----------|
|  | 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 |   |                             | 1<br>CLOSED<br>HAPPY NEW YEAR!   | 2<br>BBQ Pulled Pork Sandwich                | 3        |
| 4   | 5<br>Turkey Rice Casserole  | 6<br>Pork and Veggie Egg Rolls                      | 7<br>Meatball Marinara Subs | 8<br>Chicken Carnitas            | 9<br>Tuna Noodle Casserole                   | 10       |
| 11  | 12<br>Chicken w/ Mushrooms, Onions & Cheese   | 13<br>Manicotti                                     | 14<br>Honey Mustard Pork    | 15<br>Southwestern Chicken Salad | 16<br>Swiss Steak<br>National Fig Newton Day | 17       |
| 18  | 19<br>CLOSED  | 20<br>Pot Roast                                     | 21<br>Chicken Tenders       | 22<br>Breaded Cod                | 23<br>Veggie Pizza                           | 24       |
| 25  | 26<br>Meatloaf  | 27<br>Pork Taco Bake<br>National Chocolate Cake Day | 28<br>Turkey Pot Pie        | 29<br>BBQ Chicken                | 30<br>Beef Stroganoff                        | 30       |

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.