




# August 2025

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<br> = higher carb  = higher sodium |   |  |  | 1 Stuffed Peppers                        | 2        |
| 3        | 4 Mac & Cheese<br><br>National Chocolate Chip Cookie Day  | 5 Swedish Meatballs   | 6 Italian Sausage w/ Onions & Peppers          | 7 Cabbage Rolls  | 8 Potato Crusted White Fish              | 9        |
| 10       | 11 Pork w/ Mushroom Sauce   | 12 Jersey Mikes Sandwich  | 13 Cobb Salad                                  | 14 Chicken Parmesan<br><br> | 15 Beef Fajitas                          | 16       |
| 17       | 18 Meatloaf   | 19 Creamy Tomato Ravioli<br><br> | 20 Tuna Salad                                  | 21 Turkey & Gravy  | 22 Chicken w/ Mushrooms, Onions & Cheese | 23       |
| 24<br>31 | 25 Bean Burrito Casserole   | 26 Pesto Chicken  | 27 Pot Roast<br><br>National Banana Lovers Day | 28 Manicotti   | 29 Lemon Pepper Pork Chop                | 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.