




# November Menu

Longmont Meals on Wheels **303-772-0540**

[www.longmontmeals.org](http://www.longmontmeals.org)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Spinach Lasagna	2 Pot Roast	3 Chicken Cordon Bleu	4
5	6 Alfredo Chicken Tortellini	7 Salisbury Steak	8 Sweet & Sour Chicken	9 Beef Stew	10 Breakfast Burritos	11
12	13 Carnitas	14 Meatloaf	15 Stuffed Potatoes	16 Oven Roasted Chicken	17 Herb Butter Salmon	18
19	20 Baked Mac & Cheese	21 Beef Tips	22 Turkey w/ Gravy	<b>23 CLOSED</b>	<b>24 CLOSED</b>	25
26	27 Ham & Cheese Quiche	28 Hawaiian Pork Burger	29 Chicken Egg Roll	30 Potato Breaded Tilapia		