



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 2 Herb Baked Chicken	3 Vegetable Egg Roll	4 Cheese Lasagna	5 Broccoli Cheddar Quiche	6 Beef Stroganoff	7	
3	9 Polish Sausage	10 Stuffed Peppers	11 Apricot Pepper Chicken	12 Shepherds Pie	13 Herb Butter Salmon	14
15	16 Chicken Parmesan	17 Pulled Pork	18 Beef Tacos	19 Lemon Pepper Tilapia	20 Pepperoni Pizza	21
22	23 Teriyaki Meatballs	24 Chef Salad	25 Pot Roast	26 Panko Chicken	27 Sloppy Joe	28
29	30 Meatloaf					

Longmont Meals on Wheels
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