

july



Longmont Meals on Wheels 303-772-0540

910 Longs Peak Ave., Longmont CO 80501 www.lmow.org



2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

26 June



27

28

29

30

1 July/2

3

Potato Crusted Tilapia

4

Closed



5

Pork Cutlet

6

Beef and Broccoli

7

Herb Roasted Chicken

8/9

10

Cobb Salad

11

Potato Sausage Casserole

12

Vegetarian Egg Rolls

13

Sloppy Joes

14

Salmon Patties

15/16

17

Beef Tips with Gravy

18

Teriyaki Meatballs

19

Supreme Pizza

20

Chicken Fajitas

21

Broccoli Cheddar Quiche

22/23

24

Apricot Pepper Chicken

25

Baked Mac & Cheese

26

Roast Beef

27

Chicken Salad Sandwich

28

Salisbury Steak

29/30

31

Alfredo Chicken Tortellini



We will be closed on Tuesday, July 4th. Please let us know if you need an extra meal on July 3rd by Wednesday June 28th.