

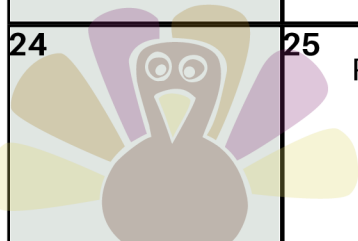






November 2024

Longmont Meals on Wheels
303-772-0540
www.longmontmeals.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Menu items are subject to change. Please call with schedule changes before 5pm the day before delivery. 303-772-0540</p> <p> = higher carb  = higher sodium</p>				1 Turkey Rice Casserole	2
3	4 Chicken w/ Mushrooms, Onions & Cheese	5 Cabbage Rolls National Donut Day	6 Manicotti	7 Swedish Meatballs	8 Bean Burrito Casserole	9
10	11 CLOSED	12 Breaded Cod	13 Meatloaf	14 Vegetable Tortellini Alfredo	15 Tex Mex Chicken and Zucchini	16
17	18 Macaroni & Cheese	19 BBQ Pork	20 Italian Sausage w/ Onions & Peppers	21 Pesto Chicken National Gingerbread Day	22 Stuffed Peppers	23
24 	25 Pot Roast	26 Chicken Fajitas 	27 Turkey Dinner  	28 CLOSED HAPPY THANKSGIVING	29 CLOSED	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.