







December 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Chicken Tenders	3 Sloppy Joes	4 Pork Chop w/ Creamy Gravy National Cookie Day	5 Chicken, Broccoli & Rice Casserole	6 Lasagna Rollup	7
8	9 Cheese Enchilada Casserole	10 Spaghetti & Meatballs 	11 Chicken Teriyaki	12 Ham & Hashbrown Casserole	13 Chicken a la King	14
15	16 Breaded Cod National Chocolate Covered Anything Day	17 Chicken Cordon Royal 	18 Meatloaf	19 Vegetarian Shepherd's Pie	20 Delivery Only: Turkey Patty	21
22	23 Pot Roast 	24 CLOSED	25 CLOSED MERRY CHRISTMAS	26 Beef Tamales 	27 Sweet & Sour Pork	28
29	30 BBQ Meatballs	31 Salmon	<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>			

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.