



OCTOBER 2021

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 all schedule changes by 5pm on the day before delivery. 303-772-0540</p>					1 Chicken Cordon Royal	2
3	4 BBQ Pork	5 Cabbage Rolls	6 Roast Beef	7 Turkey Pot Pie	8 Squash Soup	9
10	11 Salisbury Steak	12 Stuffed Peppers	13 Chicken Parmesan	14 Beef and Broccoli	15 Mac & Cheese	16
17	18 Apricot Pepper Chicken	19 Ratatouille	20 Vegetable Tortellini Alfredo	21 Meatloaf	22 Chicken ala King	23
24 	25 Chicken Teriyaki	26 Beef Tips	27 Tex Mex Chicken and Zucchini	28 Spinach Shells	29 Chili	30
31						