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# Nutritious & delicious meals

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delivered to your door!

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We deliver nutritionally balanced meals Monday through Friday with frozen meals available for the weekend. Meals are prepared fresh by professional chefs each weekday.

We deliver to those who are ill, injured, recovering from surgery, elderly, or cannot easily provide at least one hot, nutritious daily meal for themselves.

We are able to serve anyone, regardless of age or income. Fees are on a sliding scale.



For more information, call (720)780-3380 or visit us at [mowboulder.org](http://mowboulder.org)

