

# September 2024

## Options Menu



**MEALS on WHEELS**  
FORT COLLINS

TOGETHER, WE CAN DELIVER.  
1217 E. Elizabeth, Unit 11  
Fort Collins, CO 80524  
(970) 484-6325  
info@fcmow.org



Please call in or email your cancellations or changes for the month, anytime after receiving this menu.

**Cutoff is 1:00 pm**

**2 business days**

**prior to delivery.**



	Monday	Tuesday	Wednesday	Thursday	Friday
	No Delivery today 2	3	4	5	6
Regular Meal	<b>HAPPY LABOR DAY</b>	Beef Brisket	Chicken Fajitas	Beef Stew	Sweet N Sour Chicken
Option B		Chicken Parmesan w/ Marinara	Tuna Noodle Casserole	BBQ Chicken Breast	Mac N Cheese
	9	10	11	12	13
Regular Meal	BBQ Pulled Pork	Meat Lasagna	Pot Roast w/ Brown Gravy	Honey-Soy Glazed Salmon	Chicken Pot Pie
Option B	Baked Chicken	Veggie Lasagna	Turkey ala King	Spaghetti with Meat Sauce	Stuffed Peppers
	16	17	18	19	20
Regular Meal	Chicken Fried Steak w/ Gravy	Meatloaf	Sweet N Sour Chicken	Shepherd's Pie	Breaded Cod
Option B	Baked Turkey w/ Turkey Gravy	BBQ Roasted Salmon	Beef Brisket	Mac N Cheese	Baked Chicken
	23	24	25	26	27
Regular Meal	Salisbury Steak w/ Brown Gravy	Meat Lasagna	Beef Fajitas	Chicken Pot Pie	Lemon Pepper Tilapia
Option B	Pasta Primavera with Chicken	Garlic Rosemary Chicken	Potato Crusted Breaded Cod	Beef Brisket	Hawaiian Chicken
	30	<p><b>Please put out a cooler or reusable bag if you won't be home for delivery. Remember to leave a DATED note OR let us know in advance.</b></p> <p><b>We're happy to provide you a cooler and ice packs if needed.</b></p>			
Regular Meal	Stuffed Peppers				
Option B	Italian Sausage Pasta				