

OCTOBER 2025

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 12:00 pm (NOON)

2 business days

prior to delivery.



	Monday	Tuesday	Wednesday	Thursday	Friday
<i>The kitchen reserves the right to make any last minute changes to the menu.</i> <i>You may leave a cooler out but please include a DATED note or call the office in ADVANCE to let us know you will be out for that day.</i>			1	2	3
			Chicken Fajitas	Pot Roast w/ Gravy	Sloppy Joe
			Beef Fajitas	Chicken Marsala	Breaded Cod
	6	7	8	9	10
Regular Meal	Margarita Chicken	Beef Brisket	Turkey Rice Casserole	Chipotle Lime Tilapia	Sweet & Sour Chicken
Option B	Manicotti	Chicken Parmesan w/ Marinara	Meatloaf	BBQ Chicken	Teriyaki Salmon
	13	14	15	16	17
Regular Meal	BBQ Pulled Pork	Meat Lasagna	Chicken Pot Pie	Honey-Soy Glazed Salmon	Pot Roast w/ Gravy
Option B	Baked Chicken	Veggie Lasagna	Stuffed Peppers	Baked Turkey w/ Gravy	Pasta Alfredo w/ Chicken
	20	21	22	23	24
Regular Meal	Chicken Fried Steak w/ Gravy	Shepherd’s Pie	Baked Chicken w/ Gravy	BBQ Roasted Salmon	Pepperoni Pizza
Option B	Baked Cod w/ Mango Glaze	Mac & Cheese	Swedish Meatballs in Cream Sauce w/ Egg Noodles	Chicken Enchiladas	Veggie Pizza
	27	28	29	30	31
Regular Meal	Meat Lasagna	Sweet & Sour Chicken	Pot Roast w/ Gravy	Coconut Curry w/ Chicken	Lemon Pepper Tilapia
Option B	Garlic Rosemary Chicken	Teriyaki Salmon	Chicken Marsala	Beef Brisket	Hawaiian Chicken