

October 2024 Options Menu



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



MEALS on WHEELS
FORT COLLINS

TOGETHER, WE CAN DELIVER.

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

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
Regular Meal		Baked Turkey	Coconut Tilapia	Pot Roast	Sloppy Joe
Option B		Chicken Marsala	Turkey Tetrazzini	Breaded Cod	Chicken Fried Steak
	7	8	9	10	11
Regular Meal	Margarita Chicken	Beef Brisket	Chicken Fajitas	Beef Stew	Sweet n' Sour Chicken
Option B	Stuffed Cabbage	Chicken Parmesan	Tuna Noodle Casserole	BBQ Chicken Breast	Mac n' Cheese
	14	15	16	17	18
Regular Meal	BBQ Pulled Pork	Lasagna	Spaghetti with Meat Sauce	Honey-Soy Glazed Salmon	Chicken Pot Pie
Option B	Baked Chicken	Baked Ham	Turkey ala King	Pot Roast	Stuffed Pepper
	21	22	23	24	25
Regular Meal	Chicken Fried Steak	Meatloaf	Sweet n' Sour Chicken	Shepherd's Pie	Breaded Cod
Option B	Baked Turkey	BBQ Roasted Salmon	Beef Brisket	Mac n' Cheese	Baked Chicken
	28	29	30	31	
Regular Meal	Salisbury Steak	Lasagna	Beef Fajitas	Chicken Pot Pie	
Option B	Pasta Primavera with Chicken	Garlic Rosemary Chicken	Potato Crusted Cod	Beef Brisket	

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.