

# DECEMBER 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
	2	3	4	5	6
<b>Regular Meal</b>	Honey Mustard-Glazed Pork	Lasagna	Beef Brisket	Baked Cod w/ Mango Glaze	Pasta w/ Chicken & Alfredo sauce
<b>Option B</b>	Honey-Mustard Glazed Salmon	Garlic Rosemary Chicken	Turkey Tetrazzini	Chicken Pot Pie	Swedish Meatballs in cream sauce
	9	10	11	12	13
<b>Regular Meal</b>	Stuffed Peppers	Mac n' Cheese	Chicken Fajitas	Pot Roast w/ Brown Gravy	Sloppy Joe
<b>Option B</b>	Italian Sausage Pasta	Coconut Mango Tilapia	Beef Fajitas	Chicken Marsala	Breaded Cod
	16	17	18	19	20
<b>Regular Meal</b>	Margarita Chicken	Beef Brisket	Turkey Rice Casserole	Chipotle Lime Tilapia	Sweet n' Sour Chicken
<b>Option B</b>	Manicotti	Chicken Parmesan w/ Marinara	Meatloaf	BBQ Chicken Breast	Teriyaki Salmon
	23	24	No Delivery Today	26	27
<b>Regular Meal</b>	BBQ Pulled Pork	Chicken Cordon Bleu w/ wild rice, green beans, cranberry salad & cheesecake		Honey-Soy Glazed Salmon	Pot Roast w/ Brown Gravy
<b>Option B</b>	Baked Chicken			Baked Turkey w/ Gravy	Pasta Alfredo w/ Chicken & Broccoli
	30	31	<b>Please put out a cooler or reusable bag if you won't be home for delivery &amp; remember to leave a DATED note OR call us in advance.</b>  <b>The kitchen reserves the right to make any last minute changes to the menu.</b>		
<b>Regular Meal</b>	Chicken Fried Steak w/ Gravy	Pork Tenderloin			
<b>Option B</b>	Baked Cod w/ Mango Glaze	Shrimp Scampi w/ Pasta			