

# NOVEMBER 2022

## Options Menu

We encourage you to call in or email your changes for the ENTIRE month at any time after receiving this menu. Let us know **ONLY** the dates of your **OPTION B** choices and/or the dates of your cancellations.

*Please Note: The kitchen reserves the right to make any last minute changes to the menu options.*



**MEALS on WHEELS**  
FORT COLLINS

TOGETHER, WE CAN DELIVER.

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	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
Regular Meal		Meat Lasagna	London Broil	Chicken Pot Pie	Lemon Pepper Tilapia
Option B		Garlic Rosemary Chicken	Breaded Cod	Beef Brisket	Hawaiian Chicken
	7	8	9	10	11
Regular Meal	Stuffed Pepper	Baked Turkey	Chicken Fried Steak	Pot Roast	Sloppy Joe
Option B	Italian Sausage Pasta	Chicken Marsala	Breaded Cod	Turkey Tetrazzini	Coconut Tilapia
	14	15	16	17	18
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
	21	22	23	24	25
Regular Meal	BBQ Pulled Pork	Baked Ham	Thanksgiving Turkey Dinner	<b>Closed for Thanksgiving</b> <b>No delivery today</b>	Chicken Pot Pie
Option B	Baked Chicken	Lasagna			Stuffed Pepper
	28	29	30		
Regular Meal	Chicken Fried Steak	Meatloaf	Sweet n Sour Chicken		
Option B	Baked Turkey	BBQ Roasted Salmon	Beef Brisket		

**\*Cutoff for any meal changes is 1:00 PM 2 business days before delivery\***

Nutritional information is being updated and is not available at this time.