

# MAY 2026

## OPTIONS MENU

**FLIP THE PAGE FOR OUR NEWSLETTER!**

The kitchen reserves the right to make any LAST-MINUTE changes to the menu.



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Memorial Day</i></p>					
					<b>1</b> Pot Roast w/ Gravy <hr/> Pasta w/ Alfredo, Chicken, & Broccoli
<b>Regular Meal</b>	<b>4</b> Chicken Fried Steak	<b>5</b> Shepherd's Pie	<b>6</b> Baked Chicken w/ Gravy	<b>7</b> BBQ Roasted Salmon	<b>8</b> Pepperoni Pizza
<b>Option B</b>	Baked Cod w/ Mango Glaze	Mac & Cheese	Swedish Meatballs w/ Egg Noodles	Chicken Enchiladas	Veggie Pizza
<b>Regular Meal</b>	<b>11</b> Meat Lasagna	<b>12</b> Sweet & Sour Chicken	<b>13</b> Pot Roast w/ Gravy	<b>14</b> Coconut Curry w/ Chicken	<b>15</b> Lemon Pepper Tilapia
<b>Option B</b>	Garlic Rosemary Chicken	Teriyaki Salmon	Chicken Marsala	Beef Brisket	Hawaiian Chicken
<b>Regular Meal</b>	<b>18</b> Sloppy Joe	<b>19</b> Italian Sausage Pasta	<b>20</b> Margarita Chicken	<b>21</b> Chipotle Lime Tilapia	<b>22</b> Grilled Chicken w/ Provolone
<b>Option B</b>	Coconut Mango Tilapia	Butternut Squash Ravioli	Stuffed Peppers	BBQ Chicken Breast	Hamburger
<b>Regular Meal</b>	<b>25</b> <b>CLOSED FOR HOLIDAY</b>	<b>26</b> Meat Lasagna	<b>27</b> Beef Brisket	<b>28</b> Baked Cod w/ Mango Glaze	<b>29</b> Pasta w/ Alfredo & Chicken
<b>Option B</b>	<b>CLOSED FOR HOLIDAY</b>	Garlic Rosemary Chicken	Turkey Tetrazzini	Chicken Pot Pie	Baked Turkey w/ Gravy

Call us:  
 970-484-6325  
 E-mail us:  
[info@fcmow.org](mailto:info@fcmow.org)

*Info Alert!*  
 You are welcome to call in or email your cancellations or changes for the month anytime after receiving this menu.

**CUTOFF IS  
 12:00 PM  
 2 BUSINESS DAYS  
 PRIOR TO  
 DELIVERY.**

You may leave a cooler out but please include a **DATED** note or call the office in **ADVANCE** to let us know you will not be home for delivery.

# More Than the Menu... More Than a Meal

## REMINDERS:

- We will be closed Monday, May 25<sup>th</sup> for Memorial Day
- Please remember to call the office OR leave a dated note if you won't be home for delivery
- You can call in or email your Option B choices 2 business days in advance before 12pm

## VOLUNTEER SPOTLIGHT

Weston has been volunteering with Meals on Wheels Fort Collins for just over a year, originally stepping in to challenge himself and follow his family's example of service.

What began as a way to push past social anxiety has become something he genuinely enjoys and looks forward to each week.

Through his time volunteering, he's developed a strong sense of commitment and a deeper appreciation for showing up consistently for others. Weston carries that mindset into his everyday life, believing that doing something bigger than yourself truly feeds the soul.



## MONTHLY RESOURCES

### A LITTLE HELP:

720.817.3732

- Helps w/ yard work, transportation, & other house services

### FORT COLLINS VET CENTER:

970.221.5176

- Free counseling and activities for Veterans & their families.

