

NOVEMBER 2023

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.

IMPORTANT REMINDER:

Please remember to put out a cooler OR reusable bag if you think you won't be home for delivery. Our drivers are no longer carrying plastic bags.



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
Regular Meal			Pot Roast	Honey-Soy Glazed Salmon	Chicken Pot Pie
Option B			Turkey ala King	Spaghetti	Stuffed Pepper
	6	7	8	9	10
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
	13	14	15	16	17
Regular Meal	Salisbury Steak	Lasagna	Beef Fajitas	Sloppy Joe	Lemon Pepper Tilapia
Option B	Pasta Primavera w/Chicken	Garlic Rosemary Chicken	Breaded Cod	Coconut Tilapia	Hawaiian Chicken
	20	21	22	23	24
Regular Meal	Stuffed Pepper	Chicken Fried Steak	Holiday Meal Baked Turkey	CLOSED FOR HOLIDAY (Thanksgiving)	Chicken Pot Pie
Option B	Italian Sausage Pasta	Turkey Tetrazzini			Stuffed Pepper
	27	28	29	30	
Regular Meal	Margarita Chicken	Beef Brisket	Chicken Fajitas	Beef Stew	
Option B	Stuffed Cabbage	Chicken Parmesan	Tuna Noodle Casserole	BBQ Chicken Breast	

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

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