

# OCTOBER 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.



**MEALS on WHEELS**

**FORT COLLINS**

TOGETHER, WE CAN DELIVER.

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Fort Collins, CO 80524

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	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Regular Menu Item	Stuffed Peppers	Baked Turkey	Chicken Fried Steak	Pot Roast	Sloppy Joe
Option B Item	Italian Sausage Pasta	Chicken Marsala	Breaded Cod	Turkey Tetrazzini	Coconut Tilapia
	10	11	12	13	14
Regular Menu Item	Margarita Chicken	Beef Brisket	Baked Ham	Beef Stew	Sweet n Sour Chicken
Option B Item	Stuffed Cabbage	Chicken Parmesan	Tuna Noodle Casserole	BBQ Chicken	Mac n Cheese
	17	18	19	20	21
Regular Menu Item	BBQ Pulled Pork	Baked Ham	Pot Roast	Honey-Soy Glazed Salmon	Chicken Pot Pie
Option B Item	Baked Chicken	Lasagna	Turkey ala King	Spaghetti	Stuffed Pepper
	24	25	26	27	28
Regular Menu Item	Chicken Fried Steak	Meatloaf	Sweet n Sour Chicken	Shepherd's Pie	Breaded Cod
Option B Item	Baked Turkey	BBQ Roasted Salmon	Beef Brisket	Mac n Cheese	Baked Chicken
	31	<p><b>Please Note:</b> The kitchen reserves the right to make any last minute changes to the menu options.</p> <p>Nutritional information is currently being updated &amp; is not available at this time.</p>			
Regular Menu Item	Salisbury Steak				
Option B Item	Pasta Primavera w/ Chicken				

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