

OCTOBER 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
<i>Notes:</i>				1 BBQ Roasted Salmon	2 Pepperoni Pizza
				Chicken Enchiladas	Veggie Pizza
Regular Meal	5 Meat Lasagna	6 Sweet & Sour Chicken	7 Pot Roast w/ Gravy	8 Coconut Curry w/ Chicken	9 Lemon Pepper Tilapia
Option B	Garlic Rosemary Chicken	Teriyaki Salmon	Chicken Marsala	Beef Brisket	Hawaiian Chicken
Regular Meal	12 Sloppy Joe	13 Italian Sausage Pasta	14 Margarita Chicken	15 Chipotle Lime Tilapia	16 Hamburger
Option B	Coconut Mango Tilapia	Butternut Squash Ravioli	Stuffed Peppers	BBQ Chicken Breast	Chicken Sandwich
Regular Meal	19 Honey Mustard Pork	20 Meat Lasagna	21 Beef Brisket	22 Baked Cod w/ Mango Glaze	23 Pasta w/ Alfredo & Chicken
Option B	Honey Mustard Salmon	Garlic Rosemary Chicken	Turkey Tetrazzini	Chicken Pot Pie	Swedish Meatballs w/ Egg Noodles
Regular Meal	26 Stuffed Peppers	27 Mac & Cheese	28 Chicken Fajitas	29 Pot Roast w/ Gravy	30 Sloppy Joe
Option B	Italian Sausage Pasta	Coconut Mango Tilapia	Beef Fajitas	Chicken Marsala	Breaded Cod

Call us:
970-484-6325
E-mail us:
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.