

SEPTEMBER 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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	Monday	Tuesday	Wednesday	Thursday	Friday
Regular Menu Item	Please Note: The kitchen reserves the right to make any last minute changes to the menu options. Nutritional information is currently being updated & is not available at this time.			1	2
Option B Item				Pot Roast	Hamburger
Regular Menu Item	5	6	7	8	9
Option B Item	CLOSED FOR LABOR DAY- NO DELIVERY TODAY	Beef Brisket	Baked Ham	Beef Stew	Sweet n Sour Chicken
Regular Menu Item	12	13	14	15	16
Option B Item	Pulled Pork	Baked Ham	Pot Roast	Honey-Soy Glazed Salmon	Chicken Pot Pie
Regular Menu Item	19	20	21	22	23
Option B Item	Baked Chicken	Lasagna	Turkey ala King	Spaghetti	Stuffed Peppers
Regular Menu Item	26	27	28	29	30
Option B Item	Sweet n Sour Chicken	Meatloaf	Panko Chicken	Shepherd's Pie	Breaded Cod
Regular Menu Item	Chicken Fried Steak	BBQ Roasted Salmon	Beef Brisket	Mac n Cheese	Baked Chicken
Regular Menu Item	Salisbury Steak	Lasagna	London Broil	Chicken Pot Pie	Lemon Pepper Tilapia
Option B Item	Pasta Primavera with Chicken	Garlic Rosemary Chicken	Breaded Cod	Beef Brisket	Hawaiian Chicken

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