

SEPTEMBER 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
Regular Meal					Hamburger
Option B					Grilled Chicken
	4	5	6	7	8
Regular Meal	Memorial Day Holiday	Lasagna	Beef Fajitas	Chicken Pot Pie	Lemon Pepper Tilapia
Option B	(No Delivery)	Garlic Rosemary Chicken	Breaded Cod	Beef Brisket	Hawaiian Chicken
	11	12	13	14	15
Regular Meal	Stuffed Pepper	Baked Turkey	Chicken Fried Steak	Pot Roast	Sloppy Joe
Option B	Italian Sausage Pasta	Chicken Marsala	Turkey Tetrazzini	Breaded Cod	Coconut Tilapia
	18	19	20	21	22
Regular Meal	Margarita Chicken	Beef Brisket	Chicken Fajitas	Beef Stew	Sweet n' Sour Chicken
Option B	Stuffed Cabbage	Chicken Parmesan	Tuna Noodle Casserole	BBQ Chicken Breast	Mac n' Cheese
	25	26	27	28	29
Regular Meal	BBQ Pulled Pork	Baked Ham	Pot Roast	Honey-Soy Glazed Salmon	Chicken Pot Pie
Option B	Baked Chicken	Lasagna	Turkey ala King	Spaghetti	Stuffed Pepper

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.

**IMPORTANT UPDATE ON
EMERGENCY FOOD BOXES**

Every year we distribute supplemental Emergency Food Boxes for our clients in the event we are unable to deliver meals due to inclement weather.

We had 5 closures last winter.

This year, boxes will contain 4 days worth of shelf stable food (similar to what you may have received in the past) as well as 4 of Ms. Olives fully prepared meals.

**All of our clients will receive one
Emergency Food Box at no cost;
however, you can opt out.**

If you do not want an Emergency Food Box this year, please call our office at 970-484-6325 as soon as possible and we will remove you from the list.

***The cutoff date to decline your box is
Friday, September 8th.***

***They will be delivered on Saturday,
September 23rd between 10:30am
and 12:30pm.***