

# MARCH 2024

## 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
					<b>1</b>
Regular Meal					Lemon Pepper Tilapia
Option B					Hawaiian Chicken
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Regular Meal	Stuffed Peppers	Baked Turkey w/ Gravy	Chicken Fried Steak	Pot Roast	Sloppy Joe
Option B	Italian Sausage Pasta	Chicken Marsala	Turkey Tetrazzini	Breaded Cod	Coconut Tilapia
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Regular Meal	Margarita Chicken	Beef Brisket	Chicken Fajitas	Beef Stew	Corned Beef
Option B	Stuffed Cabbage	Chicken Parmesan	Tuna Noodle Casserole	BBQ Chicken Breast	Teriyaki Salmon
	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Regular Meal	BBQ Pulled Pork	Baked Ham w/ Pork Gravy	Pot Roast	Chicken Pot Pie	Honey-Soy Glazed Salmon
Option B	Baked Chicken	Meat Lasagna	Turkey ala King	Stuffed Peppers	Spaghetti w/ Meat
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Regular Meal	Chicken Fried Steak	Meatloaf	Sweet n Sour Chicken	Sheppard's Pie	Breaded Cod
Option B	Baked Turkey w/ Gravy	BBQ Roasted Salmon	Beef Brisket	Mac n Cheese	Baked Chicken w/ Gravy

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

Nutritional information is being updated and is not available at this time.

## **WINTER CLOSURE UPDATES**

### **EXTRA SHELF STABLE FOOD:**

In preparation of future weather related closures, we are going to do a small food drive over the next few weeks for shelf stable food items. ***Clients will need to call our office with requests for these items.*** If this is something you are interested in, please let us know and we will call you to coordinate delivery once they are ready! Some of the things we hope to collect include microwavable meals, tuna/chicken packets, peanut butter & crackers, and fruit cups.

### **CLOSURE NOTIFICATIONS:**

As a reminder, if we do make the decision to close because of weather we will send out an automated voice message to all clients that are scheduled to receive a meal that day. This message is sent to the primary phone number we have on file. If the call is not answered, our system should leave a voicemail. Please call our office if you would like to verify or update your primary phone number. If you are unsure about us closing you can always call our office or visit our website.

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