

Meals on Wheels Fort Collins Tel Num: 484.6325

AUGUST 2019 Options Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
Regular Menu Item				Beef Stroganoff	Chicken Pot Pie
Option B Item				London Broil	Baked Cod
	5	6	7	8	9
Regular Menu Item	Stuffed Peppers	Salmon	Pot Roast	Roast Turkey	Spaghetti with Meat sauce
Option B Item	Baked Cod	Stuffed Cabbage	Italian Sausage Pasta	BBQ Pulled Pork	BBQ Chicken Breast
	12	13	14	15	16
Regular Menu Item	Beef Brisket	Pork Chop	Ham & Cheese Casserole	Chicken Fried Steak	Beef Stew
Option B Item	Turkey Tetrazzini	Chicken Marsala	Asian Flank Steak	Chicken Fajitas	Lemon Pepper Tilapia
	19	20	21	22	23
Regular Menu Item	Stuffed Cabbage	Salisbury Steak	BBQ Pulled Pork	Meatloaf	Fried Chicken Patty
Option B Item	Mac & Cheese	Baked Ham	Baked Chicken	Margarita Chicken	Coconut Tilapia
	26	27	28	29	30
Regular Menu Item	Lasagna	Baked Cod	Sweet & Sour Chicken	Baked Turkey	Beef Brisket
Option B Item	Salisbury Steak	Garlic Rosemary Chicken	Pot Roast	BBQ Roasted Salmon	Chicken Parmesan

You are welcome to call in or email your choices for the ENTIRE month at any time after receiving this menu. Please let us know the dates only of your OPTION B choices and/or the dates of your cancellations & additions. You can reach us at 970.484.6325 or info@fcmow.org

Please remember the cut off for any changes is 1:00 pm the business day before delivery.