

Meals on Wheels Fort Collins Tel Num: 484.6325

February Options Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
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Regular Menu Item					Beef Brisket
Option B Item					Chicken Parmesan
	4	5	6	7	8
Regular Menu Item	BBQ Chicken Breast	Chicken Fried Steak	Sloppy Joe	Beef Stroganoff	Chicken Pot Pie
Option B Item	Stuffed Peppers	Mac & Cheese	Asian Grilled Chicken	London Broil	Baked Cod
	11	12	13	14	15
Regular Menu Item	Glazed Roast Turkey	Salmon	Pot Roast and Gravy	Stuffed Peppers	Spaghetti with Meat
Option B Item	BBQ Pulled Pork	Stuffed Cabbage	Italian Sausage Pasta	Baked Cod	BBQ Chicken Breast
	18	19	20	21	22
Regular Menu Item	Beef Brisket	Pork Chop	Ham & Cheese Casserole	Chicken Fried Steak	Beefy Beef Stew
Option B Item	Turkey Tetrazzini	Chicken Marsala	Asian Flank Steak	Chicken Fajitas	Lemon Pepper Tilapia
	25	26	27	28	
Regular Menu Item	Pot roast	Salisbury Steak	Pork Roast	Meatloaf	
Option B Item	Glazed Baked Chicken	Baked Ham with Pork Gravy	Mac and Cheese	Margarita Chicken	

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.