

# Meals on Wheels Fort Collins Tel Num: 484.6325

## January Options Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
Regular Menu Item		Chicken Fried Steak	Sloppy Joe	Beef Stroganoff	Chicken Pot Pie
Option B Item		Mac n' Cheese	Asian Grilled Chicken	London Broil	Baked Cod
	7	8	9	10	11
Regular Menu Item	Roast Turkey	Baked Salmon	Pot Roast	Stuffed Peppers	Spaghetti w/ meat sauce
Option B Item	BBQ Pulled Pork	Stuffed Cabbage	Italian Sausage Pasta	Baked Cod	BBQ Chicken
	14	15	16	17	18
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
	21	22	23	24	25
Regular Menu Item	Pot Roast	Salisbury Steak	Pork Roast	Meatloaf	Fried Chicken Patty
Option B Item	Baked Chicken	Baked Ham	Mac n' Cheese	Margarita Chicken	Coconut Tilapia
	28	29	30	31	
Regular Menu Item	Lasagna	Baked Cod	Pot Roast	BBQ Roasted Salmon	
Option B Item	Salisbury Steak	Garlic Rosemary Chicken	Sweet n' Sour Chicken	Baked Turkey	

*You are welcome to call in or email your choices for the ENTIRE month anytime after receiving this menu. Please let us know the dates of your OPTION B choices and/or the dates of your cancellations & additions only. 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.*