

Meals on Wheels Fort Collins Tel Num: 484.6325

JUNE 2019 Options Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
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
	10	11	12	13	14
Regular Menu Item	Stuffed Cabbage	Salisbury Steak	Pot Roast	Meatloaf	Fried Chicken Patty
Option B Item	Mac & Cheese	Baked Ham	Baked Chicken	Margarita Chicken	Coconut Tilapia
	17	18	19	20	21
Regular Menu Item	Lasagna	Baked Cod	Pot Roast	BBQ Roasted Salmon	Beef Brisket
Option B Item	Salisbury Steak	Garlic Rosemary Chicken	Sweet n' Sour Chicken	Baked Turkey	Chicken Parmesan
	24	25	26	27	28
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

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.