

Meals on Wheels Fort Collins

call 970.484.6325 or visit mealsonwheelsfc.org

MARCH 2020 Options Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Regular Menu Item	Stuffed Peppers	Salmon	Pot Roast	Roast Turkey	Spaghetti w/ meat sauce
Option B Item	Baked Cod	Stuffed Cabbage	Italian Sausage Pasta	BBQ Pulled Pork	BBQ Chicken Breast
	9	10	11	12	13
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
	16	17	18	19	20
Regular Menu Item	Mac & Cheese	Salisbury Steak	BBQ Pulled Pork	Meatloaf	Fried Chicken Patty
Option B Item	Stuffed Cabbage	Baked Ham	Baked Chicken	Margarita Chicken	Coconut Tilapia
	23	24	25	26	27
Regular Menu Item	Lasagna	Baked Cod	Pot Roast	Baked Turkey	Chicken Parmesan
Option B Item	Salisbury Steak	Garlic Rosemary Chicken	Sweet & Sour Chicken	BBQ Roasted Salmon	Beef Brisket
	30	31	<p><i>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.</i></p>		
Regular Menu Item	Stuffed Peppers	Chicken Fried Steak			
Option B Item	BBQ Chicken Breast	Mac & Cheese			

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