

Meals on Wheels Fort Collins Tel Num: 484.6325

March 2019 OPTIONS Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Regular Menu Item					1 Fried Chicken Patty
Option B Item					Coconut Tilapia
Regular Menu Item	4 Meat Lasagna	5 Baked Cod	6 Pot Roast/Gravy	7 BBQ Roasted Salmon	8 Beef Brisket
Option B Item	Salisbury Steak	Garlic Rosemary Chicken	Sweet & Sour Chicken	Baked Turkey w/Gravy	Chicken Parmesan
Regular Menu Item	11 BBQ Chicken Breast	12 Chicken Fried Steak	13 Sloppy Joes	14 Beef Stroganoff	15 Chicken Pot Pie
Option B Item	Stuffed Peppers	Mac & Cheese	Asian Grilled Chicken	London Broil	Baked Cod
Regular Menu Item	18 Roast Turkey w/Glaze	19 Salmon	20 Pot Roast/Gravy	21 Stuffed Peppers	22 Spaghetti w/Meat sauce
Option B Item	BBQ Pulled Pork	Stuffed Cabbage	Italian Sausage Pasta	Baked Cod	BBQ Chicken Breast
Regular Menu Item	25 Beef Brisket	26 Pork Chop	27 Ham/Cheese Egg Bake	28 Chicken Fried Steak	29 Beef Stew
Option B Item	Turkey Tetrazzini	Chicken Marsala	Asian Flank Steak	Chicken Fajitas	Lemon Pepper Tilapia

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.