

Meals on Wheels Fort Collins Tel Num: 484.6325

May 2019 OPTIONS Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
Regular Menu Item			Ham & Cheese Egg Bake	Chicken Fried Steak	Beef Stew
Option B Item			Asian Flank Steak	Chicken Fajitas	Lemon Pepper Tilapia
	6	7	8	9	10
Regular Menu Item	Stuffed Cabbage	Salisbury Steak	Pot Roast	Meatloaf	Fried Chicken Patty
Option B Item	Mac & Cheese	Baked Ham w/Gravy	Baked Chicken	Margarita Chicken	Coconut Tilapia
	13	14	15	16	17
Regular Menu Item	Lasagna	Baked Cod	Pot Roast	BBQ Roasted Salmon	Beef Brisket
Option B Item	Salisbury Steak	Garlic Rosemary Chicken	Sweet & Sour Chicken	Baked Turkey w/Gravy	Chicken Parmesan
	20	21	22	23	24
Regular Menu Item	BBQ Chicken	Chicken Fried Steak	Sloppy Joe	Beef Stroganoff	Chicken Pot Pie
Option B Item	Stuffed Peppers	Mac and Cheese	Asian Grilled Chicken	London Broil	Baked Cod
	27	28	29	30	31
Regular Menu Item	Stuffed Pepper	Salmon	Pot Roast w/Gravy	Roast Turkey	Spaghetti w/Meat Sauce
Option B Item	Baked Cod	Stuffed Cabbage	Italian Sausage Pasta	BBQ Pulled Pork	BBQ Chicken Breast

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. 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.