

October 2021

Options Menu

You are welcome to call in or email your choices for the ENTIRE month at any time after receiving this menu. Let us know the dates ONLY of your OPTION B choices and/or the dates of your cancellations & additions.



MEALS on WHEELS

FORT COLLINS

TOGETHER, WE CAN DELIVER.

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	Monday	Tuesday	Wednesday	Thursday	Friday
Regular Menu Item	Please Note: The kitchen reserves the right to make any last minute changes to the menu options.				1
Option B Item					Chicken Pot Pie
Regular Menu Item	4 Chicken Fried Steak	5 Baked Ham	6 Sweet N Sour Chicken	7 Shepherd's Pie	8 Baked Cod
Option B Item	Baked Turkey	Lasagna	Beef Brisket	Mac N Cheese	Baked Chicken
Regular Menu Item	11 Salisbury Steak	12 Lasagna	13 London Broil	14 Pot Roast	15 Lemon Pepper Tilapia
Option B Item	Pasta Primavera with Chicken	Baked Cod	Garlic Rosemary Chicken	Tukey Tetrizzini	Hawaiian Chicken
Regular Menu Item	18 Stuffed Peppers	19 Baked Turkey	20 Chicken Fried Steak	21 Chicken Pot Pie	22 Sweet N Sour Chicken
Option B Item	Chicken Marsala	Italian Sausage Pasta	Breaded Cod	Beef Brisket	Mac N Cheese
Regular Menu Item	25 Margarita Chicken	26 Beef Brisket	27 Baked Ham	28 Beef Stew	29 Sloppy Joe
Option B Item	Stuffed Cabbage	Chicken Parmesan	Tuna Noodle Casserole	BBQ Chicken	Coconut Tilapia

Please note the cut off for any meal changes is 1:00 PM the business day before delivery.