

FEBRUARY 2024

Options Menu

We encourage you to call in or email your changes for the ENTIRE month at any time after receiving this menu. Let us know **ONLY** the dates of your **OPTION B** choices and/or the dates of your cancellations.

IMPORTANT REMINDER:

Please remember to put out a cooler OR reusable bag if you think you won't be home for delivery. Our drivers are no longer carrying plastic bags.



MEALS on WHEELS

FORT COLLINS

TOGETHER, WE CAN DELIVER.

1217 E. Elizabeth, Unit 11

Fort Collins, CO 80524

(970) 484-6325

info@fcmow.org

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
Regular Meal				Pot Roast w/ Brown Gravy	Sloppy Joe
Option B				Breaded Cod	Coconut Tilapia
	5	6	7	8	9
Regular Meal	Margarita Chicken	Beef Brisket	Chicken Fajitas	Beef Stew	Sweet n' Sour Chicken
Option B	Stuffed Cabbage	Chicken Parmesan w/ Marinara	Tuna Noodle Casserole	BBQ Chicken Breast	Mac n' Cheese
	12	13	Happy Valentine's ♥ Day ♥	15	16
Regular Meal	BBQ Pulled Pork	Baked Ham w/ Pork Gravy	Chicken Piccata	Honey-Soy Glazed Salmon	Chicken Pot Pie
Option B	Baked Chicken	Lasagna	Shrimp Alfredo	Spaghetti w/ Meat Sauce	Stuffed Peppers
	19	20	21	22	23
Regular Meal	Chicken Fried Steak w/ Gravy	Meatloaf	Sweet n' Sour Chicken	Shepard's Pie	Breaded Cod
Option B	Baked Turkey w/ Turkey Gravy	BBQ Roasted Salmon	Beef Brisket	Mac n' Cheese	Baked Chicken w/ Chicken Gravy
	26	27	28	29	
Regular Meal	Salisbury Steak w/ Brown Gravy	Lasagna	Beef Fajitas	Chicken Pot Pie	
Option B	Pasta Primavera w/ Chicken	Garlic Rosemary Chicken	Breaded Cod	Beef Brisket	

Cutoff for any meal changes is 1:00 PM 2 business days before delivery

Nutritional information is being updated and is not available at this time.

WINTER CLOSURE UPDATES

EXTRA SHELF STABLE FOOD:

In preparation of future weather related closures, we are going to do a small food drive over the next few weeks for shelf stable food items. ***Clients will need to call our office with requests for these items.***

If this is something you are interested in, please let us know and we will call you to coordinate delivery once they are ready! Some of the things we hope to collect include microwavable meals, tuna/chicken packets, peanut butter & crackers, and fruit cups.

CLOSURE NOTIFICATIONS:

As a reminder, if we do make the decision to close because of weather we will send out an automated voice message to all clients that are scheduled to receive a meal that day. This message is sent to the primary phone number we have on file. If the call is not answered, our system should leave a voicemail. Please call our office if you would like to verify or update your primary phone number. If you are unsure about us closing you can always call our office or visit our website.