

MAY 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	3
Regular Meal			Sweet n' Sour Chicken	Shepherd's Pie	Chicken Enchilada
Option B			Beef Brisket	Mac n' Cheese	Beef Enchilada
	6	7	8	9	10
Regular Meal	Salisbury Steak w/ Brown Gravy	Meat Lasagna	Beef Fajitas	Chicken Pot Pie	Lemon Pepper Tilapia
Option B	Pasta Primavera with Chicken	Garlic Rosemary Chicken	Breaded Cod	Beef Brisket	Hawaiian Chicken
	13	14	15	16	17
Regular Meal	Stuffed Peppers	Baked Turkey with Gravy	Chicken Fried Steak with Gravy	Pot Roast with Brown Gravy	Sloppy Joe
Option B	Italian Sausage Pasta	Chicken Marsala	Turkey Tetrazzini	Breaded Cod	Coconut Tilapia
	20	21	22	23	24
Regular Meal	Margarita Chicken	Beef Brisket	Chicken Fajitas	Beef Stew	Grilled Chicken with Provolone
Option B	Stuffed Cabbage	Chicken Parmesan with Marinara	Tuna Noodle Casserole	BBQ Chicken Breast	Hamburger
	27	28	29	30	31
Regular Meal	Closed for Memorial Day	Baked Ham w/ Pork Gravy	Pot Roast w/ Brown Gravy	Honey-Soy Glazed Salmon	Chicken Pot Pie
Option B		Meat Lasagna	Turkey a la King	Spaghetti with Meat Sauce	Stuffed Peppers

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.