

# JANUARY 2023

## 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.

*Please Note: The kitchen reserves the right to make any last minute changes to the menu options.*



**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
	2	3	4	5	6
Regular Meal	Chicken Fried Steak	Meatloaf	Sweet n Sour Chicken	Shepherd's Pie	Breaded Cod
Option B	Baked Turkey	BBQ Roasted Salmon	Beef Brisket	Mac n Cheese	Baked Chicken
	9	10	11	12	13
Regular Meal	Salisbury Steak	Lasagna	London Broil	Chicken Pot Pie	Lemon Pepper Tilapia
Option B	Pasta Primavera w/Chicken	Garlic Rosemary Chicken	Breaded Cod	Beef Brisket	Hawaiian Chicken
	16	17	18	19	20
Regular Meal	Stuffed Pepper	Baked Turkey	Chicken Fried Steak	Pot Roast	Sloppy Joe
Option B	Italian Sausage Pasta	Chicken Marsala	Breaded Cod	Turkey Tetrazzini	Coconut Tilapia
	23	24	25	26	27
Regular Meal	Margarita Chicken	Beef Brisket	Chicken Fajitas	Beef Stew	Sweet n Sour Chicken
Option B	Stuffed Cabbage	Chicken Parmesan	Tuna Noodle Casserole	BBQ Chicken Breast	Mac n Cheese
	30	31			
Regular Meal	BBQ Pulled Pork	Baked Ham			
Option B	Baked Chicken	Lasagna			

**\*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.

### **Important Winter Reminder:**

During the winter months, if you could let us know if you are sick, feeling cold or flu like symptoms, or have tested positive for COVID, we would greatly appreciate it.

A quick call or email is all we need so that we can adjust how your drivers deliver meals, even if just for a day or two. With your help, we can make sure everyone at MOWFC stays as safe and healthy as possible.

### **And Don't Forget!**

Our delivery time is 11:30am-12:30pm. If you might not be home for delivery, *please call or email and let us know or leave a dated note for your driver.*

This saves us from having to make follow up calls to you and your emergency contacts, or calling in wellness checks to the police department.

If you have any questions, please call us at **(970) 484-6325** or email us at **info@fcmow.org**