

JULY 2026

OPTIONS MENU

FLIP THE PAGE FOR OUR NEWSLETTER!

The kitchen reserves the right to make any LAST-MINUTE changes to the menu.



	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Notes:</i>			1 Pot Roast w/ Gravy	2 Coconut Curry w/ Chicken	3 Hamburger
			Chicken Marsala	Beef Brisket	Grilled Chicken Sandwich
Regular Meal	6 Sloppy Joe	7 Italian Sausage Pasta	8 Margarita Chicken	9 Chipotle Lime Tilapia	10 Hamburger
Option B	Coconut Mango Tilapia	Butternut Squash Ravioli	Stuffed Peppers	BBQ Chicken Breast	Chicken Sandwich
Regular Meal	13 Honey Mustard Pork	14 Meat Lasagna	15 Beef Brisket	16 Baked Cod w/ Mango Glaze	17 Pasta w/ Alfredo & Chicken
Option B	Honey Mustard Salmon	Garlic Rosemary Chicken	Turkey Tetrazzini	Chicken Pot Pie	Swedish Meatballs w/ Egg Noodles
Regular Meal	20 Stuffed Peppers	21 Mac & Cheese	22 Chicken Fajitas	23 Pot Roast w/ Gravy	24 Sloppy Joe
Option B	Italian Sausage Pasta	Coconut Mango Tilapia	Beef Fajitas	Chicken Marsala	Breaded Cod
Regular Meal	27 Margarita Chicken	28 Beef Brisket	29 Turkey Rice Casserole	30 Chipotle Lime Tilapia	31 Sweet & Sour Chicken
Option B	Manicotti	Chicken Parmesan w/ Marinara	Meatloaf	BBQ Chicken Breast	Teriyaki Salmon

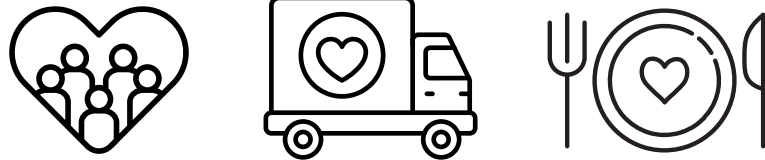
Call us:
970-484-6325
E-mail us:
info@fcmow.org

Info Alert!
You are welcome to call in or email your cancellations or changes for the month anytime after receiving this menu.

**CUTOFF IS
12:00 PM
2 BUSINESS DAYS
PRIOR TO
DELIVERY.**

You may leave a cooler out but please include a **DATED** note or call the office in **ADVANCE** to let us know you will not be home for delivery.

More Than the Menu... More Than a Meal



Esther has been volunteering with Meals on Wheels for Fort Collins since 2019 and is inspired by her clients. She once had a client that she shared a love for crafting with and would spend time creating cards with her. When she is not volunteering with Meal on Wheels, she enjoys traveling with a group of friends that go by the traveling sisterhood. The next trip Esther has planned will be to Estes Park to celebrate her 80th birthday with family.

She thinks everyone should volunteer with Meals on Wheels because even if you can only volunteer for a short time, it is an experience you will never regret!



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VOLUNTEER SPOTLIGHT



RESOURCES:

NOCO ALERT:

NOCOALERT.ORG

- Receive non-emergency and weather alerts for Larimer County.

CITY OF FORT COLLINS

970-221-6730

- Payment assistance for water and electric bills. 1 time per 12 month period.

SIGNS OF HEAT STROKE - CALL 911

- Rapid breathing & heart rate
- Hot, red skin
- Severe dizziness or loss of consciousness
- Nausea

REMINDER:

Please call the office OR leave a **dated** note if you won't be home for delivery.