

MARCH 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.



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			Pot Roast	Chicken Pot Pie	Honey-Soy Glazed Salmon
Option B			Turkey ala King	Stuffed Peppers	Spaghetti
	6	7	8	9	10
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
	13	14	15	16	17
Regular Meal	Salisbury Steak	Lasagna	Beef Fajitas	Chicken Pot Pie	Corned Beef
Option B	Pasta Primavera w/Chicken	Garlic Rosemary Chicken	Breaded Cod	Beef Brisket	Baked Chicken
	20	21	22	23	24
Regular Meal	Stuffed Peppers	Baked Turkey	Chicken Fried Steak	Pot Roast	Sloppy Joe
Option B	Italian Sausage Pasta	Chicken Marsala	Breaded Cod	Turkey Tetrazzini	Coconut Tilapia
	27	28	29	30	31
Regular Meal	Margarita Chicken	Beef Brisket	Chicken Fajitas	Beef Stew	Teriyaki Salmon
Option B	Stuffed Cabbage	Chicken Parmesan	Tuna Noodle Casserole	BBQ Chicken Breast	Mac n' Cheese

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.

Some Friendly Reminders...

If you are sick, feeling cold or flu like symptoms, or have tested positive for COVID, please call or email and let us know. With your help, we can make sure everyone at MOWFC stays as safe and healthy as possible.

If you will be gone during our delivery time (11:30 am — 12:30 pm) please call or email us by 10:00 am or leave a ***dated*** note on your door, or in your cooler/meal container, for the driver. This will help us avoid having to call your emergency contacts or make a wellness check call to the non-emergency police line.

In the event of weather-related closures you will receive an automated call from us notifying you of meal delivery cancellations. Also, if you call the office and we are unable to take your call, you will hear a recorded message announcing any cancellations.

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