

MAY 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	4	5
Regular Meal	Margarita Chicken	Beef Brisket	Chicken Fajitas	Beef Stew	Chicken Enchiladas
Option B	Stuffed Cabbage	Chicken Parmesan	Tuna Noodle Casserole	BBQ Chicken Breast	Beef Enchiladas
	8	9	10	11	12
Regular Meal	BBQ Pulled Pork	Baked Ham	Pot Roast	Honey-Soy Glazed Salmon	Chicken Pot Pie
Option B	Baked Chicken	Lasagna	Turkey ala King	Spaghetti	Stuffed Peppers
	15	16	17	18	19
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
	22	23	24	25	26
Regular Meal	Salisbury Steak	Lasagna	Beef Fajitas	Chicken Pot Pie	Grilled Chicken Sandwich
Option B	Pasta Primavera w/Chicken	Garlic Rosemary Chicken	Breaded Cod	Beef Brisket	Hamburger
	29	30	31		
Regular Meal	CLOSED FOR MEMORIAL DAY	Baked Turkey	Chicken Fried Steak		
Option B	No Delivery	Chicken Marsala	Breaded Cod		

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 ANNOUNCEMENT:

Starting May 1st, Meals on Wheels for Fort Collins will be discontinuing the usage of plastic bags when delivering to clients. We will be providing all clients with their own reusable bag to hang outside your door on delivery days. That way, if you prefer being handed your meal in a bag, our drivers can still put the meal in your reusable bag, ring the bell/knock, and hand it off to you. Since our drivers will no longer be carrying plastic bags with them, if you think you might not be home at the time of delivery it will be very important to leave either a bag, cooler, milk crate, etc. out for drivers to put the meal in. Otherwise, you may run the risk of not receiving your meal and still being charged.

We understand this is a big change, but it has been a long time coming since Fort Collins stopped using plastic bags last year. We look forward to doing our part in cutting down on unnecessary plastic waste to help the environment and hope you understand.

Please contact our office with any questions. — MOWFC Staff
Phone: (970) 484-6325