

Meals on Wheels Fort Collins Tel Num: 484.6325

AUGUST 2019 Veggie Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tofu Stroganoff	2 Bean & Cheese Burrito
5 Veggie Stuffed Pepper	6 Black Bean Burger	7 Garbanzo Bean Salad	8 Veggie Pizza	9 Pasta Alfredo w/ grilled veggies
12 Rice and Beans	13 Roasted Broccoli Alfredo	14 Stir Fry w/Edamme	15 Tofu Patty	16 Portobello Mushrooms Veggie Sandwich
19 Mac & Cheese	20 Black Bean Burger	21 Bean & Cheese Burrito	22 Asian Veggie Wrap	23 Veggie Pizza
26 Veggie Lasagna	27 Veggie Rice Bowl	28 Cheese Enchilada	29 Baked Ziti	30 Rice & Beans

You are welcome to call in or email your cancellations and/or additions for the ENTIRE month at any time after receiving this menu. You can reach us at 970.484.6325 or info@fcmow.org

Please remember the cut off for any changes is 1:00 pm the business day before delivery.