

Meals on Wheels Fort Collins Tel Num: 484.6325

April 2019 Veggie Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bean & Cheese Burrito	2 Black Bean Burger	3 Mac & Cheese	4 Tofu Stir Fry	5 Veggie Pizza
8 Veg Lasagna	9 Mushroom Burger	10 Cheese Enchilada	11 Baked Ziti	12 Rice and Beans
15 Black Bean Burger	16 Tofu Patty	17 Hummus/Pita	18 Asian Veggie Wrap	19 Bean and Cheese Burrito
22 Veggie Stuffed Pepper	23 Black Bean Burger	24 Garbanzo Bean Salad	25 Veggie Pizza	26 Pasta Alfredo w/ Grilled Vegetables
29 Rice and Beans	30 Mac & Cheese			

Please remember the cut off for any changes is 1:00 pm the business day before delivery. You can reach us at 970.484.6325 or info@fcmow.org