

Meals on Wheels Fort Collins Tel Num: 484.6325

January 2019 Veggie Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tofu Patty	2 Pita w/ hummus and veggies	3 Tofu stir fry	4 Bean and Cheese Burrito
7 Roasted Broccoli Alfredo	8 Black Bean Burger	9 Garbano Bean salad	10 Veggie stuffed peppers	11 Pasta alfredo with grilled veggies
14 Rice and Beans	15 Roasted broccoli alfredo	16 Stir fry with edamame	17 Tofu Patty	18 Portobello mushroom & veggie sandwich
21 Bean and cheese burrito	22 Black bean burger	23 Mac n' cheese	24 Veggie Chili	25 Veggie Pizza
28 Veggie Lasagna	29 Boca Burger	30 Cheese Enchilada	31 Baked Ziti	

You are welcome to call in all meal changes anytime after receiving this menu.

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