

Meals on Wheels Fort Collins Tel Num: 484.6325

JUNE 2019 Veggie Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Rice and Beans	4 Roasted Broccoli Alfredo	5 Stir Fry w/Edamame	6 Tofu Patty	7 Portobello Mushroom & Veggie Sandwich
10 Mac & Cheese	11 Black Bean Burger	12 Bean & Cheese Burrito	13 Asian Veggie Wrap	14 Veggie Pizza
17 Veggie Lasagna	18 Veggie Rice Bowl	19 Cheese Enchilada	20 Baked Ziti	21 Rice and Beans
24 Black Bean Burger	25 Tofu Patty	26 Hummus & Pita	27 Tofu Stroganoff	28 Bean & Cheese Burrito

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.