

Meals on Wheels Fort Collins Tel Num: 484.6325

March 2019 Veggie Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Veggie Pizza
4 Veg Lasagna	5 Boca Burger	6 Cheese Enchilada	7 Baked Ziti	8 Rice and Beans
11 Black Bean Burger	12 Tofu Patty	13 Hummus/Pita	14 Tofu Stir Fry	15 Bean and Cheese Burrito
18 Broccoli Alfredo	19 Black Bean Burger	20 Garbanzo Bean Salad	21 Veggie Stuffed Peppers	22 Pasta Alfredo w/ Grilled Vegetables
25 Rice and Beans	26 Roasted Broccoli Alfredo	27 Stir Fry w/Edamame	28 Tofu Patty	29 Portobello Mushroom & Veggie Sandwich

You are welcome to call in or email your choices for the ENTIRE month at any time after receiving this menu. Please let us know the dates only of your cancellations and/or additions. 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.