

# Meals on Wheels Fort Collins Tel Num: 484.6325

## May 2019 Veggie Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Stir Fry w/Edamame	2 Tofu Patty	3 Portobello mushroom & Veggie Sandwich
6 Mac and Cheese	7 Black Bean Burger	8 Bean and Cheese Burrito	9 Asian Veggie Wrap	10 Veggie Pizza
13 Veggie Lasagna	14 Veggie Rice Bowl	15 Cheese Enchilada	16 Baked Ziti	17 Rice and Beans
20 Black Bean Burger	21 Tofu Patty	22 Hummus/ Pita	23 Tofu Stroganoff	24 Bean and Cheese Burrito
27 Veggie Stuffed Pepper	28 Black Bean Burger	29 Garbanzo Bean Salad	30 Veggie Pizza	31 Pasta w/Alfredo Grilled Vegetables

*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](mailto:info@fcmow.org)*