

# Meals on Wheels Fort Collins Tel Num: 484.6325

## SEPTEMBER 2019 Veggie Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 HAPPY LABOR DAY! No delivery today	3 Tofu Patty	4 Hummus/Pita	5 Tofu Stroganoff	6 Bean & Cheese Burrito
9 Veggie Stuffed Pepper	10 Black Bean Burger	11 Garbanzo Bean Salad	12 Veggie Pizza	13 Pasta Alfredo w/ grilled veggies
16 Rice and Beans	17 Roasted Broccoli Alfredo	18 Stir Fry w/Edamme	19 Tofu Patty	20 Portobello Mushrooms Veggie Sandwich
23 Mac & Cheese	24 Black Bean Burger	25 Bean & Cheese Burrito	26 Asian Veggie Wrap	27 Veggie Pizza
30 Veggie Lasagna				

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

*Please remember the cut off for any changes is 1:00 pm the business day before delivery.*