

# JANUARY 2024

## VEGGIE Menu

We encourage you to call in or email your changes for the ENTIRE month at any time after receiving this menu. Let us know **ONLY** the dates of your cancellations.

**IMPORTANT REMINDER:**

*Please remember to put out a cooler OR reusable bag if you think you won't be home for delivery. Our drivers are no longer carrying plastic bags.*



**MEALS on WHEELS**

**FORT COLLINS**

TOGETHER, WE CAN DELIVER.

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(970) 484-6325

info@fcmow.org

Monday	Tuesday	Wednesday	Thursday	Friday
1 HAPPY NEW YEAR!! Closed for holiday	2 Sweet Potato Burrito Bowl	3 Garbanzo Bean Salad	4 Black Bean Burger	5 Stir Fry w/ Edamame
8 Mexican Zucchini Boat	9 Veggie Lasagna	10 Roasted Broccoli Alfredo	11 Veggie Rice Bowl	12 Veggie Stuffed Pepper
15 Black Bean Burger	16 Cheese Enchilada	17 Veggie Pizza	18 Mac n' Cheese	19 Butternut Squash Ravioli
22 Pasta Primavera	23 Asian Veggie Wrap	24 Bean & Cheese Burrito	25 Tofu Stroganoff	26 Pasta Alfredo w/ Veggies
29 Rice n' Beans	30 Hummus Roasted Veggie Wrap	31 Portobello Mushroom Sandwich		

**\*Cutoff for any meal changes is 1:00 PM 2 business days before delivery\***

*Please Note: The kitchen reserves the right to make any last minute changes to the menu.*