MARCH 2023 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.

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

MEALS on WHEELS
FORT COLLINS
TOGETHER, WE CAN DELIVER.

1217 E. Elizabeth, Unit 11
Fort Collins, CO 80524
(970) 484-6325
info@fcmow.org

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Roasted Broccoli Alfredo	**2** Veggie Rice Bowl	**3** Veggie Stuffed Peppers
6 Black Bean Burger	**7** Cheese Enchilada	**8** Veggie Pizza	**9** Mac n' Cheese	**10** Butternut Squash Ravioli
13 Pasta Primavera	**14** Asian Veggie Wrap	**15** Pasta Alfredo w/ Veggies	**16** Tofu Stroganoff	**17** Veggie Shepherd's Pie
20 Rice n' Beans	**21** Hummus Veggie Wrap	**22** Portabello Mushroom Sandwich	**23** Veggie Stuffed Peppers	**24** Hummus n' Pita
27 Baked Ziti	**28** Sweet Potato Burrito Bowl	**29** Garbanzo Bean Salad	**30** Black Bean Burger	**31** Stir Fry w/Edamame

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

Nutritional information is currently being updated and is not available at this time.

Some Friendly Reminders...

If you are sick, feeling cold or flu like symptoms, or have tested positive for COVID, please call or email and let us know. With your help, we can make sure everyone at MOWFC stays as safe and healthy as possible.

If you will be gone during our delivery time (11:30 am — 12:30 pm) please call or email us by 10:00 am or leave a *dated* note on your door, or in your cooler/meal container, for the driver. This will help us avoid having to call your emergency contacts or make a wellness check call to the non-emergency police line.

In the event of weather-related closures you will receive an automated call from us notifying you of meal delivery cancellations. Also, if you call the office and we are unable to take your call, you will hear a   recorded message announcing any cancellations.

If you have any questions:
call us at **(970) 484-6325**
or email us at **info@fcmow.org**