

SEPTEMBER 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.

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.

1217 E. Elizabeth, Unit 11

Fort Collins, CO 80524

(970) 484-6325

info@fcmow.org

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pesto Pasta
4 Memorial Day Holiday (No Delivery)	5 Asian Veggie Wrap	6 Bean n' Cheese Burrito	7 Tofu Stroganoff	8 Pasta Alfredo w/ Veggies
11 Rice n' Beans	12 Hummus Veggie Wrap	13 Portobello Mushroom Sandwich	14 Veggie Stuffed Pepper	15 Hummus n' Pita
18 Baked Ziti	19 Sweet Potato Burrito Bowl	20 Garbanzo Bean Salad	21 Black Bean Burger	22 Stir Fry w/ Edamame
25 Mexican Zucchini Boat	26 Veggie Lasagna	27 Roasted Broccoli Alfredo	28 Veggie Rice Bowl	29 Veggie Stuffed Pepper

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.

**IMPORTANT UPDATE ON
EMERGENCY FOOD BOXES**

Every year we distribute supplemental Emergency Food Boxes for our clients in the event we are unable to deliver meals due to inclement weather.

We had 5 closures last winter.

This year, boxes will contain 4 days worth of shelf stable food (similar to what you may have received in the past) as well as 4 of Ms. Olives fully prepared meals.

**All of our clients will receive one
Emergency Food Box at no cost;
however, you can opt out.**

If you do not want an Emergency Food Box this year, please call our office at 970-484-6325 as soon as possible and we will remove you from the list.

***The cutoff date to decline your box is
Friday, September 8th.***

***They will be delivered on Saturday,
September 23rd between 10:30am
and 12:30pm.***