

# NOVEMBER 2022

## 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 options.*



**MEALS on WHEELS**  
FORT COLLINS

TOGETHER, WE CAN DELIVER.

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Asian Veggie Wrap	2 Bean & Cheese Burrito	3 Tofu Stroganoff	4 Pasta Alfredo & Grilled Veggies
7 Rice & Beans	8 Hummus Roasted Veggie Wrap	9 Portabello Mushroom Sandwich	10 Veggie Stuffed Pepper	11 Hummus & Pita
14 Baked Ziti	15 Sweet Potato Burrito Bowl	16 Garbanzo Bean Salad	17 Black Bean Burger	18 Stir Fry w/ Edamame
21 Mexican Zucchini Boat	22 Veggie Lasagna	23 Portabello Mushroom Sandwich	24 Closed for Thanksgiving No Delivery Today	25 Veggie Stuffed Pepper
28 Black Bean Burger	29 Cheese Enchilada	30 Veggie Pizza		

**\*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.