

JANUARY 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 options.



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
2 Black Bean Burger	3 Cheese Enchilada	4 Veggie Pizza	5 Mac n Cheese	6 Butternut Squash Ravioli
9 Pasta Primavera	10 Asian Veggie Wrap	11 Bean & Cheese Burrito	12 Tofu Stroganoff	13 Pasta Alfredo w/ Veggies
16 Rice n Beans	17 Hummus Veggie Wrap	18 Portabello Mushroom Sandwich	19 Veggie Stuffed Pepper	20 Hummus n Pita
23 Baked Ziti	24 Sweet Potato Burrito Bowl	25 Garbanzo Bean Salad	26 Black Bean Burger	27 Stir Fry w/ Edamame
30 Mexican Zucchini Boat	31 Veggie Lasagna			

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.

Important Winter Reminder:

During the winter months, if you could let us know if you are sick, feeling cold or flu like symptoms, or have tested positive for COVID, we would greatly appreciate it.

A quick call or email is all we need so that we can adjust how your drivers deliver meals, even if just for a day or two. With your help, we can make sure everyone at MOWFC stays as safe and healthy as possible.

And Don't Forget!

Our delivery time is 11:30am-12:30pm. If you might not be home for delivery, *please call or email and let us know or leave a dated note for your driver.*

This saves us from having to make follow up calls to you and your emergency contacts, or calling in wellness checks to the police department.

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