

MAY 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 Baked Ziti	2 Sweet Potato Burrito Bowl	3 Garbanzo Bean Salad	4 Black Bean Burger	5 Veggie Enchiladas
8 Mexican Zucchini Boat	9 Veggie Lasagna	10 Roasted Broccoli Alfredo	11 Veggie Rice Bowl	12 Veggie Stuffed Peppers
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 Veggie Burger
29 CLOSED FOR MEMORIAL DAY No Delivery	30 Hummus Roasted Veggie Wrap	31 Portabello Mushroom Sandwich		

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 ANNOUNCEMENT:

Starting May 1st, Meals on Wheels for Fort Collins will be discontinuing the usage of plastic bags when delivering to clients. We will be providing all clients with their own reusable bag to hang outside your door on delivery days. That way, if you prefer being handed your meal in a bag, our drivers can still put the meal in your reusable bag, ring the bell/knock, and hand it off to you. Since our drivers will no longer be carrying plastic bags with them, if you think you might not be home at the time of delivery it will be very important to leave either a bag, cooler, milk crate, etc. out for drivers to put the meal in. Otherwise, you may run the risk of not receiving your meal and still being charged.

We understand this is a big change, but it has been a long time coming since Fort Collins stopped using plastic bags last year. We look forward to doing our part in cutting down on unnecessary plastic waste to help the environment and hope you understand.

Please contact our office with any questions. — MOWFC Staff
Phone: (970) 484-6325