

# NOVEMBER 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	2	3
		Roasted Broccoli Alfredo	Veggie Rice Bowl	Veggie Stuffed Pepper
6	7	8	9	10
Black Bean Burger	Cheese Enchilada	Veggie Pizza	Mac n' Cheese	Butternut Squash Ravioli
13	14	15	16	17
Pasta Primavera	Asian Veggie Wrap	Bean & Cheese Burrito	Hummus n' Pita	Pasta Alfredo w/ Veggies
20	21	22	23	24
Rice n' Beans	Hummus Roasted Veggie Wrap	Portobello Mushroom Sandwich	<b>CLOSED FOR HOLIDAY</b> (Thanksgiving)	Veggie Stuffed Pepper
27	28	29	30	
Baked Ziti	Sweet Potato Burrito Bowl	Garbanzo Bean Salad	Black Bean Burger	

**\*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.*