

OCTOBER 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.



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
3 Rice n Beans	4 Hummus Roasted Veggie Wrap	5 Portobello Mushroom Sandwich	6 Veggie Stuffed Peppers	7 Hummus n Pita
10 Baked Ziti	11 Sweet Potato Burrito Bowl	12 Garbanzo Bean Salad	13 Black Bean Burger	14 Stir Fry w/ Edamame
17 Mexican Zucchini Boat	18 Veggie Lasagna	19 Roasted Broccoli Alfredo	20 Veggie Rice Bowl	21 Veggie Stuffed Peppers
24 Black Bean Burger	25 Cheese Enchilada	26 Veggie Pizza	27 Mac n Cheese	28 Butternut Squash Ravioli
31 Pasta Primavera	Please Note: The kitchen reserves the right to make any last minute changes to the menu options. Nutritional information is currently being updated and is not available at this time.			

Cutoff for any meal changes is 1:00 PM 2 business days before delivery