

AUGUST 2026

VEGETARIAN MENU

FLIP THE PAGE FOR OUR NEWSLETTER!

The kitchen reserves the right to make any
LAST-MINUTE changes to the menu.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mexican Zucchini Boat	4 Veggie Lasagna	5 Veggie Stuffed Peppers	6 Portobello Mushroom Sandwich	7 Pasta w/ Alfredo & Broccoli
10 Black Bean Burger	11 Mac & Cheese	12 Butternut Squash Ravioli	13 Cheese Enchiladas	14 Veggie Pizza
17 Asian Veggie Wrap	18 Stir Fry w/ Edamame	19 Sweet Potato Burrito Bowl	20 Veggie Curry	21 Pasta w/ Alfredo & Grilled Veggies
24 Hummus & Pita	25 Butternut Squash Ravioli	26 Veggie Stuffed Peppers	27 Rice & Beans	28 Black Bean Burger
31 Caprese Pasta Salad	<i>Notes:</i>			

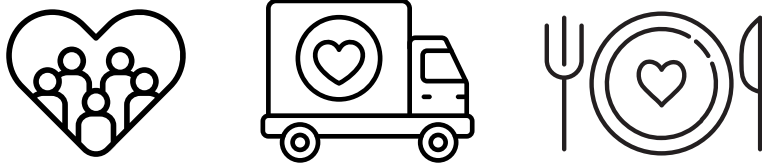
Call us:
970-484-6325
E-mail us:
info@fcmow.org

Info Alert!
You are welcome to
call in or email your
cancellations or
changes for the
month anytime after
receiving this menu.

**CUTOFF IS
12:00 PM
2 BUSINESS DAYS
PRIOR TO DELIVERY.**

You may leave a cooler
out but please include a
DATED note or call the
office in ADVANCE
to let us know you will
not be home for delivery.

More Than the Menu... More Than a Meal



For nearly 20 years, Don has been a dedicated Meals on Wheels Fort Collins volunteer, delivering more than just meals—he delivers kindness, connection, and a smile. Since joining the organization in 2006, Don has become a valued part of our volunteer team.

Outside of volunteering, Don enjoys walking his dogs, staying active through a non-contact boxing class, and serving as president of the Metric Association, where he also writes the organization's newsletter.

Thank you, Don, for 20 years of compassion, dedication, and service. We're grateful to have you as part of the Meals on Wheels Fort Collins family!



CartoonStock.com

VOLUNTEER SPOTLIGHT!



RESOURCES:

NOCO ALERT:

NOCOALERT.ORG

- Receive non-emergency and weather alerts for Larimer County.

CITY OF FORT COLLINS

970-221-6730

- Payment assistance for water and electric bills. 1 time per 12 month period.

SIGNS OF HEAT STROKE: CALL 911

- Rapid breathing & heart rate
- Hot, red skin
- Severe dizziness or loss of consciousness
- Nausea

REMINDER:

Please call the office OR leave a **dated** note if you won't be home for delivery.