

MAY 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
				1 Pasta w/ Alfredo & Broccoli
4 Black Bean Burger	5 Mac & Cheese	6 Butternut Squash Ravioli	7 Cheese Enchiladas	8 Veggie Pizza
11 Asian Veggie Wrap	12 Stir Fry w/ Edamame	13 Sweet Potato Burrito Bowl	14 Veggie Curry	15 Pasta w/ Alfredo & Veggies
18 Hummus & Pita	19 Butternut Squash Ravioli	20 Veggie Stuffed Peppers	21 Rice & Beans	22 Black Bean Burger
25 Mexican Zucchini Boat	26 Asian Veggie Wrap	27 Portobello Mushroom Sandwich	28 Tofu Stroganoff	29 Pasta w/ Alfredo & Broccoli

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

REMINDERS:

- We will be closed Monday, May 25th for Memorial Day
- Please remember to call the office OR leave a dated note if you won't be home for delivery
- You can call in or email your Option B choices 2 business days in advance before 12pm

VOLUNTEER SPOTLIGHT

Weston has been volunteering with Meals on Wheels Fort Collins for just over a year, originally stepping in to challenge himself and follow his family's example of service.

What began as a way to push past social anxiety has become something he genuinely enjoys and looks forward to each week.

Through his time volunteering, he's developed a strong sense of commitment and a deeper appreciation for showing up consistently for others. Weston carries that mindset into his everyday life, believing that doing something bigger than yourself truly feeds the soul.



MONTHLY RESOURCES

A LITTLE HELP:

720.817.3732

- Helps w/ yard work, transportation, & other house services

FORT COLLINS VET CENTER:

970.221.5176

- Free counseling and activities for Veterans & their families.

