NOVEMBER 2026 VEGETARIAN MENU

FLIP THE PAGE FOR OUR NEWSLETTER!

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

MEALS on WHEELS FORT COLLINS
TOGETHER, WE CAN DELIVER.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Manicotti	**3** Sweet Potato Burrito Bowl	**4** Asian Veggie Wrap	**5** Black Bean Burger	**6** Stir Fry w/ Edamame
9 Mexican Zucchini Boat	**10** Veggie Lasagna	**11** Veggie Stuffed Peppers	**12** Portobello Mushroom Sandwich	**13** Pasta w/ Alfredo & Broccoli
16 Black Bean Burger	**17** Mac & Cheese	**18** Butternut Squash Ravioli	**19** Cheese Enchiladas	**20** Veggie Pizza
23 Asian Veggie Wrap	**24** Stir Fry w/ Edamame	**25** Portobello Mushroom Sandwich	**26** **CLOSED FOR HOLIDAY**	**27** Pasta w/ Alfredo & Veggie
30 Hummus & Pita	*Notes:*			

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

Ed and Linda have been dedicated Meals on Wheels Fort Collins volunteers for seven years. With a 39-year career in law enforcement, Ed has always valued giving back to his community. One of their favorite parts of volunteering is the meaningful connections they build with clients and the smiles that greet them each week. Outside of volunteering, Ed enjoys hiking in the foothills and spending time with Linda and their dog, Grace, pictured with them. Ed encourages others to volunteer, sharing that the gratitude and sense of purpose make the experience incredibly rewarding.



VOLUNTEER SPOTLIGHT!



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

RESOURCES:

COMPASSION IN ACTION
970.484.6325

Meals on Wheels Fort Collins is exploring ways to help our clients stay connected with others in the community. We'd love to know if you would be interested in any of the following: a **pen-pal**, **in-person visits**, or **friendly phone calls**. You can select one, two, or all three options! Call us and let us know if you'd like to participate.

There is no obligation—this is simply an opportunity for clients who would enjoy some extra conversation and connection.