

SEPTEMBER 2026

OPTIONS 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
<i>Notes:</i>		1 Meat Lasagna	2 Beef Brisket	3 Baked Cod w/ Mango Glaze	4 Hamburger
		Garlic Rosemary Chicken	Turkey Tetrazzini	Chicken Pot Pie	Grilled Chicken Breast
Regular Meal	7 CLOSED FOR HOLIDAY	8 Mac & Cheese	9 Chicken Fajitas	10 Pot Roast w/ Gravy	11 Sloppy Joe
Option B		Coconut Mango Tilapia	Beef Fajitas	Chicken Marsala	Breaded Cod
Regular Meal	14 Margarita Chicken	15 Beef Brisket	16 Turkey Rice Casserole	17 Chipotle Lime Tilapia	18 Sweet & Sour Chicken
Option B	Manicotti	Chicken Parmesan w/ Marinara	Meatloaf	BBQ Chicken Breast	Teriyaki Salmon
Regular Meal	21 BBQ Pulled Pork	22 Meat Lasagna	23 Chicken Pot Pie	24 Honey-Soy Glazed Salmon	25 Pot Roast w/ Gravy
Option B	Baked Chicken	Veggie Lasagna	Stuffed Peppers	Baked Turkey w/ Gravy	Pasta w/ Alfredo, Chicken, & Broccoli
Regular Meal	28 Chicken Fried Steak	29 Shepherd's Pie	30 Baked Chicken w/ Gravy	<i>Notes:</i>	
Option B	Baked Cod w/ Mango Glaze	Mac & Cheese	Swedish Meatballs w/ Egg Noodles		

Call us:
970-484-6325

E-mail us:
info@fcmow.org

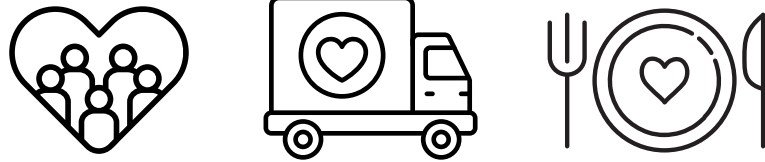
Info Alert!

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 more than two decades, Lynn and her husband, John, have been familiar faces at Meals on Wheels for Fort Collins. For Lynn, what keeps her coming back is knowing that their time makes a tangible difference for people in the community. Lynn believes that even making a difference in someone's life for a brief moment is worthwhile, and that amid the negatives we encounter every day, it's important to remember just how much good exists around us. Thank you, Lynn and John, for more than 22 years of service, compassion, and dedication to the MOWFC community!



VOLUNTEER SPOTLIGHT!



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.

REMINDER:

If you have not received next month's menu by **Oct. 24th**, please call the office.