

SEPTEMBER 2026

FLIP THE PAGE FOR OUR NEWSLETTER!

VEGETARIAN MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Asian Veggie Wrap	2 Portobello Mushroom Sandwich	3 Tofu Stroganoff	4 Pesto Pasta
7 CLOSED FOR HOLIDAY	8 Mac & Cheese	9 Bean & Cheese Burrito	10 Veggie Stuffed Peppers	11 Hummus & Pita
14 Manicotti	15 Sweet Potato Burrito Bowl	16 Asian Veggie Wrap	17 Black Bean Burger	18 Stir Fry w/ Edamame
21 Mexican Zucchini Boat	22 Veggie Lasagna	23 Veggie Stuffed Peppers	24 Portobello Mushroom Sandwich	25 Pasta w/ Alfredo & Broccoli
28 Black Bean Burger	29 Mac & Cheese	30 Butternut Squash Ravioli	Notes:	

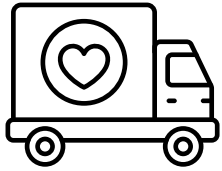
Call us:
970-484-6325
E-mail us:
info@fcmow.org

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



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.