

# APRIL 2026

## VEGGIE 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 Veggie Stuffed Peppers	2 Rice & Beans	3 Caprese Pasta Salad
6 Black Bean Burger	7 Asian Veggie Wrap	8 Portobello Mushroom Sandwich	9 Tofu Stroganoff	10 Pasta Alfredo w/ Roasted Broccoli
13 Hummus & Roasted Veggie Wrap	14 Mac & Cheese	15 Bean & Cheese Burrito	16 Veggie Stuffed Peppers	17 Hummus & Pita
20 Manicotti	21 Sweet Potato Burrito Bowl	22 Asian Veggie Wrap	23 Black Bean Burger	24 Stir Fry w/ Edamame
27 Mexican Zucchini Boat	28 Veggie Lasagna	29 Veggie Stuffed Peppers	30 Portobello Mushroom Sandwich	

Call us:  
970-484-6325  
E-mail us:  
[info@fcmow.org](mailto: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.

# GET TO KNOW OUR STAFF!

at Meals on Wheels for Fort Collins

Executive Director:

**Kristy Trippel**



*“My time at Meals on Wheels has shown me just how impactful community and service can be, and I’ve truly fallen in love with the community and purpose behind the organization. Outside of work, you’ll usually find me at hockey games or critter sitting, and I’m always finding a reason to reorganize something just for fun.”*

Program Manager:

**Mikylah Seely**



*“Being a part of Meals on Wheels has deepened my passion for service and support. Building relationships with our clients is easily what I love most. A fun fact about me is that I can happily crochet for eight hours straight without getting bored—something I consider a very cozy superpower.”*

Volunteer Coordinator:

**Lauren Boullier**



*“Working with Meals on Wheels has really shown me how much a caring, empathetic community and genuine connection can mean. I enjoy cooking chili, hiking with my dogs and partner, Sal, and once snowboarded from Switzerland into Italy, which was an unforgettable experience.”*