

# JULY 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
<i>Notes:</i>		<b>1</b> Sweet Potato Burrito Bowl	<b>2</b> Veggie Curry	<b>3</b> Pesto Pasta w/ Cherry Tomatoes
<b>6</b> Hummus & Pita	<b>7</b> Butternut Squash Ravioli	<b>8</b> Veggie Stuffed Peppers	<b>9</b> Rice & Beans	<b>10</b> Black Bean Burger
<b>13</b> Caprese Pasta Salad	<b>14</b> Asian Veggie Wrap	<b>15</b> Portobello Mushroom Sandwich	<b>16</b> Tofu Stroganoff	<b>17</b> Pasta w/ Broccoli & Alfredo
<b>20</b> Hummus & Veggie Wrap	<b>21</b> Mac & Cheese	<b>22</b> Bean & Cheese Burrito	<b>23</b> Veggie Stuffed Peppers	<b>24</b> Hummus & Pita
<b>27</b> Manicotti	<b>28</b> Sweet Potato Burrito Bowl	<b>29</b> Asian Veggie Wrap	<b>30</b> Black Bean Burger	<b>31</b> Stir Fry w/ Edamame

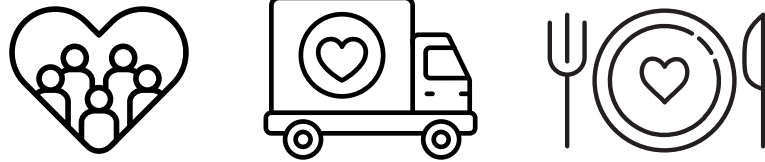
Call us:  
970-484-6325  
E-mail us:  
[info@fcmow.org](mailto:info@fcmow.org)

*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.

# More Than the Menu... More Than a Meal



Esther has been volunteering with Meals on Wheels for Fort Collins since 2019 and is inspired by her clients. She once had a client that she shared a love for crafting with and would spend time creating cards with her. When she is not volunteering with Meal on Wheels, she enjoys traveling with a group of friends that go by the traveling sisterhood. The next trip Esther has planned will be to Estes Park to celebrate her 80th birthday with family.

She thinks everyone should volunteer with Meals on Wheels because even if you can only volunteer for a short time, it is an experience you will never regret!



CartoonStock.com

## VOLUNTEER SPOTLIGHT



## RESOURCES:

### NOCO ALERT:

NOCOALERT.ORG

- Receive non-emergency and weather alerts for Larimer County.

### CITY OF FORT COLLINS

970-221-6730

- Payment assistance for water and electric bills. 1 time per 12 month period.

### SIGNS OF HEAT STROKE - CALL 911

- Rapid breathing & heart rate
- Hot, red skin
- Severe dizziness or loss of consciousness
- Nausea

## REMINDER:

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