


Friendly Fork Menu - October 2024

*Contains nuts or may not be suitable for individuals with a nut allergy

Monday		Tuesday		Wednesday		Thursday		Friday					
7		8		9		10		11					
		Beef Lasagna, Garlic Bread, Balsamic Roasted Brussels Sprouts, Honeydew Melon, 1% Milk		Roasted Turkey Breast with Gravy, Vegetable Rice Pilaf, Seasoned Green Beans, Apple/Beet/Walnut Salad*, 1% Milk		Austrian-Style Pork, Wheat Roll with Butter, Peas & Carrots, Grapes, 1% Milk		Beef Tacos on Wheat Tortillas with Lettuce, Cheese, Sour Cream & Guacamole, Seasoned Black Beans, Honey Jalapeño Coleslaw, Pineapple, 1% Milk					
										Calories 743 kcal	Calories 684 kcal	Calories 762 kcal	Calories 798 kcal
										Carbs 67 gm	Carbs 62 gm	Carbs 64 gm	Carbs 78 gm
										Fiber 11 gm	Fiber 7 gm	Fiber 8 gm	Fiber 12 gm
										Protein 39 gm	Protein 34 gm	Protein 35 gm	Protein 43 gm
										Fat 35 gm	Fat 23 gm	Fat 39 gm	Fat 22 gm
Sodium 1250 mg	Sodium 1102 mg	Sodium 512 mg	Sodium 1117 mg										
Honey Balsamic Pork Loin with Roasted Red Pepper Sauce, Quinoa Tabbouleh, Cheesy Cauliflower, Apple, 1% Milk		Cream of Chicken & Wild Rice Soup, Turkey & Cheese Sandwich with Mustard & Mayo, Mixed Vegetables, Diced Cantaloupe, 1% Milk		Krautburger with Side of Mustard, California Blend Vegetables, Grapes, Gelatin*, 1% Milk		Chicken Salad Sandwich on Wheat with Tomato, Vegetable Pasta Salad, Carrot Sticks with Spinach Artichoke Dip, Fresh Peach, 1% Milk		Beef & Mushroom Meatloaf, Mashed Potatoes & Beef Gravy, Wheat Roll with Butter, Broccoli & Carrots, Orange Slices, 1% Milk					
Calories 733 kcal	Calories 680 kcal	Calories 764 kcal	Calories 802 kcal	Calories 777 kcal									
Carbs 88 gm	Carbs 81 gm	Carbs 99 gm	Carbs 89 gm	Carbs 85 gm									
Fiber 7 gm	Fiber 7 gm	Fiber 11 gm	Fiber 9 gm	Fiber 9 gm									
Protein 37 gm	Protein 40 gm	Protein 45 gm	Protein 46 gm	Protein 39 gm									
Fat 25 gm	Fat 20 gm	Fat 19 gm	Fat 29 gm	Fat 22 gm									
Sodium 521 mg	Sodium 1137 mg	Sodium 492 mg	Sodium 1295 mg	Sodium 1145 mg									
Greek Lemon Chicken Thigh, Seasoned Potato Wedges, Mediterranean Pasta Salad, Apricots, 1% Milk		Hamburger on White Bun with Tomato, Onion, Ketchup, Mayo & Mustard, Low-Fat Cottage Cheese, Steamed Carrots, Cinnamon Applesauce, 1% Milk		Pork Green Chile Stew over Mexican Brown Rice with Pumpkin Seeds*, Black Bean & Corn Salad, Diced Mangoes, 1% Milk		Beef Shepherd's Pie, Wheat Roll with Butter, Broccoli/Olive/Sundried Tomato Salad, Orange Slices, 1% Milk		Roasted Pork Loin with Gravy, Quinoa/Kale/Almond Sauté*, Roasted Cauliflower, Apple, Peach Crisp, 1% Milk					
Calories 696 kcal	Calories 713 kcal	Calories 729 kcal	Calories 759 kcal	Calories 770 kcal									
Carbs 72 gm	Carbs 73 gm	Carbs 84 gm	Carbs 80 gm	Carbs 83 gm									
Fiber 6 gm	Fiber 7 gm	Fiber 9 gm	Fiber 11 gm	Fiber 10 gm									
Protein 42 gm	Protein 43 gm	Protein 34 gm	Protein 38 gm	Protein 41 gm									
Fat 25 gm	Fat 25 gm	Fat 28 gm	Fat 31 gm	Fat 29 gm									
Sodium 755 mg	Sodium 1140 mg	Sodium 1111 mg	Sodium 892 mg	Sodium 793 mg									
Beef & Broccoli Stir Fry over Mushroom Rice Pilaf, Vegetable Pork Egg Roll with Side of Soy Sauce, Pineapple, 1% Milk		Chipotle Pork, Refried Beans, Steamed Cabbage, Fruit Salad, Apple Cranberry Crisp, 1% Milk		Chicken Fried Steak with Mashed Potatoes & Country Gravy, Spinach Mandarin Orange Salad* with Oil & Vinegar, Fresh Plum, 1% Milk		Chicken & Andouille Sausage Gumbo, Rice & Orzo Pilaf with Almonds*, Asparagus, Orange Slices, 1% Milk		Tuna Salad Sandwich on Wheat with Lettuce & Tomato, Mediterranean Lentil Soup with Crackers, Honeydew Melon, 1% Milk					
Calories 700 kcal	Calories 743 kcal	Calories 777 kcal	Calories 740 kcal	Calories 789 kcal									
Carbs 97 gm	Carbs 73 gm	Carbs 84 gm	Carbs 70 gm	Carbs 78 gm									
Fiber 7 gm	Fiber 14 gm	Fiber 5 gm	Fiber 6 gm	Fiber 13 gm									
Protein 36 gm	Protein 36 gm	Protein 35 gm	Protein 38 gm	Protein 36 gm									
Fat 16 gm	Fat 33 gm	Fat 32 gm	Fat 32 gm	Fat 36 gm									
Sodium 1020 mg	Sodium 631 mg	Sodium 1332 mg	Sodium 1144 mg	Sodium 1138 mg									
Chicken Caesar Entrée Salad with Parmesan Cheese & Croutons, Baked Sweet Potato with Butter, Diced Pears, Oatmeal Raisin Cookie, 1% Milk		Chicken Stroganoff, Breadstick, Seasoned Green Beans, Apricots, 1% Milk		Baked Tilapia with Lemon Butter Sauce, Side of Tartar Sauce, Macaroni & Cheese, Peas/Mushroom/Bacon Sauté, Banana, 1% Milk		BBQ Pulled Pork Sandwich on White Bun, Baked Beans, Coleslaw, Diced Cantaloupe, Gelatin Parfait*, 1% Milk		Need to order or cancel? Please call the designated meal site or the Nutrition Hotline (970-400-6955) by 11 a.m. the business day prior to the meal.					
Calories 675 kcal	Calories 680 kcal	Calories 659 kcal	Calories 749 kcal										
Carbs 70 gm	Carbs 70 gm	Carbs 74 gm	Carbs 93 gm										
Fiber 7 gm	Fiber 7 gm	Fiber 8 gm	Fiber 13 gm										
Protein 34 gm	Protein 42 gm	Protein 43 gm	Protein 37 gm										
Fat 28 gm	Fat 25 gm	Fat 21 gm	Fat 27 gm										
Sodium 780 mg	Sodium 535 mg	Sodium 758 mg	Sodium 1120 mg										

Friendly Fork Meal Schedule

<u>Monday</u>			
Birchwood	11:30am	2830 W. 27 th St Lane	970-400-6955
Fort Lupton	12:00pm	203 S. Harrison Ave	303-857-4200 x 6166
Greeley Manor	11:30am	1000 13 th St	970-400-6955
Greeley Active Adult Center	11:30am	1010 6 th St	970-350-9440
Greeley Senior Housing	11:45am	1717 30 th St	970-400-6955
Milliken	11:00am	1101 Broad St	970-660-5040
Platteville	11:30am	508 Reynolds	970-785-2245
Windsor	11:15am	250 N. 11 th St	970-674-3500
<u>Tuesday</u>			
Broadview	11:30am	2915 W. 8 th St.	970-400-6955
Carbon Valley	12:00pm	151 Grant Ave, Firestone	303-833-3660 x123
Evans	11:00am	1100 37 th St	970-475-1132
Kersey	11:30am	215 2 nd St	970-353-1681 ext 2
LaSalle	11:00am	101 Todd Ave	970-284-0900
Lochbuie	12:15pm	501 Willow Drive	303-659-8262
Windsor	11:15am	250 N. 11 th St	970-674-3500
<u>Wednesday</u>			
Birchwood	11:30am	2830 W. 27 th St Lane	970-400-6955
Eaton	12:00pm	1675 3 rd St	970-454-1070
Greeley Manor	11:30am	1000 13 th St	970-400-6955
Greeley Active Adult Center	11:30am	1010 6 th St	970-350-9440
Hill 'N Park	11:30am	4205 Yosemite Drive, Greeley	970-400-6955
Johnstown	11:45am	101 W. Charlotte	970-587-5251
Rodarte	11:00am	920 A St, Greeley	970-400-6955
Windsor	11:15am	250 N. 11 th St	970-674-3500
<u>Thursday</u>			
Broadview	11:30am	2915 W. 8 th St.	970-400-6955
Carbon Valley	12:00pm	151 Grant Ave, Firestone	303-833-3660 x123
Erie	12:15pm	450 Powers St	303-926-2795
Greeley Senior Housing	11:45am	1717 30 th St	970-400-6955
Kersey	11:30am	215 2 nd St	970-353-1681 ext 2
Mead	11:45am	109 3rd St	970-400-6955
Nunn	11:45am	775 3 rd St	970-897-2459
Pierce	11:30am	221 Main Ave	970-834-2655
Windsor	11:15am	250 N. 11 th St	970-674-3500
<u>Friday</u>			
Birchwood	11:30am	2830 W. 27 th St Lane	970-400-6955
Evans	11:00am	1100 37 th St	970-475-1132
Greeley Manor	11:30am	1000 13 th St	970-400-6955
Milliken	11:00am	1101 Broad St	970-660-5040
Platteville	11:30am	508 Reynolds	970-785-2245
Windsor	11:15am	250 N. 11 th St	970-674-3500