

Friendly Fork Menu - November 2024

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

Monday		Tuesday		Wednesday		Thursday		Friday										
<p>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</p>										<p>1</p>		<p>Chicken Thigh with Gravy, Scalloped Potatoes, Harvard Beets, Banana, Apricot Walnut Bar*, 1% Milk</p>		<p>Calories 723 kcal</p>				
																		<p>Carbs 98 gm</p>
																		<p>Fiber 7 gm</p>
																		<p>Protein 36 gm</p>
																		<p>Fat 20 gm</p>
										<p>Sodium 895 mg</p>								
4		5		6		7		8										
<p>Pork Carnitas on Wheat Tortillas with Red Cabbage Slaw & Salsa, Black Bean/Corn/Jicama Salad, Orange Slices, Pumpkin Spice Cookie, 1% Milk</p>		<p>Chicken Breast with Gravy, Buttermilk Biscuit with Butter, Coleslaw, Mixed Fruit, 1% Milk</p>		<p>Beef Goulash with Egg Noodles, Lima Beans with Bacon, Diced Cantaloupe, Gelatin Parfait*, 1% Milk</p>		<p>Krautburger with Mustard, Marinated Kale Salad, Pineapple, 1% Milk</p>		<p>Chicken Parmesan over Wheat Pasta with Marinara, Breadstick, Caesar Side Salad, Diced Pears, 1% Milk</p>										
<p>Calories 766 kcal</p>	<p>Calories 695 kcal</p>	<p>Calories 679 kcal</p>	<p>Calories 714 kcal</p>	<p>Calories 702 kcal</p>	<p>Carbs 75 gm</p>	<p>Carbs 70 gm</p>	<p>Carbs 82 gm</p>	<p>Carbs 87 gm</p>	<p>Carbs 90 gm</p>									
<p>Fiber 12 gm</p>	<p>Fiber 6 gm</p>	<p>Fiber 8 gm</p>	<p>Fiber 9 gm</p>	<p>Fiber 12 gm</p>	<p>Protein 43 gm</p>	<p>Protein 40 gm</p>	<p>Protein 34 gm</p>	<p>Protein 44 gm</p>	<p>Protein 43 gm</p>									
<p>Fat 30 gm</p>	<p>Fat 26 gm</p>	<p>Fat 22 gm</p>	<p>Fat 19 gm</p>	<p>Fat 17 gm</p>	<p>Sodium 940 mg</p>	<p>Sodium 1040 mg</p>	<p>Sodium 719 mg</p>	<p>Sodium 542 mg</p>	<p>Sodium 614 mg</p>									
<p>Sodium 940 mg</p>	<p>Sodium 1040 mg</p>	<p>Sodium 719 mg</p>	<p>Sodium 542 mg</p>	<p>Sodium 614 mg</p>	11		12		13									
<p>Closed</p> <p>VETERANS DAY THANK YOU FOR YOUR SERVICE</p>		<p>Beef Stew, Wheat Roll with Butter, Spinach & Mushroom Salad with Balsamic Vinaigrette, Apple, 1% Milk</p>		<p>Pork Spare Ribs, Baked Potato with Butter & Sour Cream, Asparagus, Banana, 1% Milk</p>		<p>Chicken a La King with Mushrooms over Parmesan Biscuit, Brussels Sprouts with Side of Malt Vinegar, Orange Slices, Strawberry Basil</p>		<p>Beef & Black Bean Chili with Crackers, Corn Muffin with Butter, Carrot Sticks with Spinach Artichoke Dip, Fruit Salad, 1% Milk</p>										
		<p>Calories 670 kcal</p>	<p>Calories 803 kcal</p>	<p>Calories 799 kcal</p>	<p>Calories 690 kcal</p>	<p>Carbs 71 gm</p>	<p>Carbs 80 gm</p>	<p>Carbs 79 gm</p>	<p>Carbs 84 gm</p>									
		<p>Fiber 9 gm</p>	<p>Fiber 7 gm</p>	<p>Fiber 10 gm</p>	<p>Fiber 9 gm</p>	<p>Protein 39 gm</p>	<p>Protein 42 gm</p>	<p>Protein 40 gm</p>	<p>Protein 36 gm</p>									
		<p>Fat 34 gm</p>	<p>Fat 34 gm</p>	<p>Fat 35 gm</p>	<p>Fat 22 gm</p>	<p>Sodium 787 mg</p>	<p>Sodium 673 mg</p>	<p>Sodium 1134 mg</p>	<p>Sodium 869 mg</p>									
		<p>Sodium 787 mg</p>	<p>Sodium 673 mg</p>	<p>Sodium 1134 mg</p>	<p>Sodium 869 mg</p>	18		19		20								
<p>Hamburger on White Bun with Tomato, Onion, Ketchup, Mustard & Mayo, Low-Fat Cottage Cheese, Steamed Beets, Pear, 1% Milk</p>		<p>Braised Chicken with Italian Cherry Pepper Sauce, Orzo & Rice Pilaf with Almonds*, Broccoli/Olive/Sundried Tomato Salad, Banana, 1% Milk</p>		<p>Roast Beef & Mashed Potatoes with Gravy, Peas & Pearl Onions, Apple, 1% Milk</p>		<p>Baked Tilapia with Parmesan Sage Cream Sauce, Macaroni & Cheese, Wheat Roll with Butter, Maple Glazed Carrots, Honeydew Melon, 1% Milk</p>		<p>Sweet & Sour Pork over Basmati Rice, Side of Soy Sauce, Edamame, Orange Slices, 1% Milk</p>										
<p>Calories 678 kcal</p>	<p>Calories 937 kcal</p>	<p>Calories 705 kcal</p>	<p>Calories 692 kcal</p>	<p>Calories 798 kcal</p>	<p>Carbs 80 gm</p>	<p>Carbs 89 gm</p>	<p>Carbs 75 gm</p>	<p>Carbs 88 gm</p>										
<p>Fiber 9 gm</p>	<p>Fiber 9 gm</p>	<p>Fiber 10 gm</p>	<p>Fiber 6 gm</p>	<p>Fiber 9 gm</p>	<p>Protein 35 gm</p>	<p>Protein 40 gm</p>	<p>Protein 44 gm</p>	<p>Protein 40 gm</p>										
<p>Fat 24 gm</p>	<p>Fat 46 gm</p>	<p>Fat 28 gm</p>	<p>Fat 18 gm</p>	<p>Fat 31 gm</p>	<p>Sodium 932 mg</p>	<p>Sodium 926 mg</p>	<p>Sodium 980 mg</p>	<p>Sodium 474 mg</p>										
<p>Sodium 932 mg</p>	<p>Sodium 926 mg</p>	<p>Sodium 778 mg</p>	<p>Sodium 980 mg</p>	<p>Sodium 474 mg</p>	25		26		27									
<p>Roasted Turkey Breast with Gravy, Sage Stuffing, Wheat Roll with Butter, Seasoned Green Beans, Cranberry Relish, 1% Milk</p>		<p>Glazed Ham, Sweet Potato Casserole, Wheat Roll with Butter, Brussels Sprouts with Cranberries, Pumpkin Crisp, 1% Milk</p>		<p>Glazed Ham, Broccoli/Rice/Cheese Casserole, Wheat Roll with Butter, Italian Vegetable Blend, Pumpkin Crisp, 1% Milk</p>		<p>Closed</p> <p>Thanksgiving</p> <p>HAPPY</p>												
<p>Calories 723 kcal</p>	<p>Calories 677 kcal</p>	<p>Calories 724 kcal</p>			<p>Carbs 75 gm</p>	<p>Carbs 103 gm</p>	<p>Carbs 100 gm</p>											
<p>Fiber 10 gm</p>	<p>Fiber 8 gm</p>	<p>Fiber 9 gm</p>			<p>Protein 37 gm</p>	<p>Protein 32 gm</p>	<p>Fiber 9 gm</p>											
<p>Fat 29 gm</p>	<p>Fat 15 gm</p>	<p>Fat 17 gm</p>			<p>Sodium 1259 mg</p>	<p>Sodium 1351 mg</p>	<p>Protein 40 gm</p>											
<p>Sodium 1259 mg</p>	<p>Sodium 1351 mg</p>	<p>Sodium 1312 mg</p>					<p>Fat 17 gm</p>											



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