
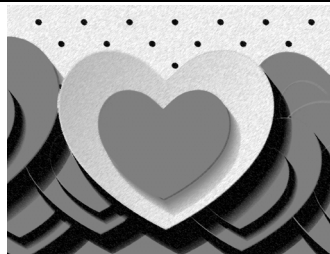


Friendly Fork Menu - February 2025

*Indicates item contains nuts or may not be suitable for individuals with a nut allergy

Monday 3		Tuesday 4		Wednesday 5		Thursday 6		Friday 7	
Chicken Fried Steak with Country Gravy, Baked Potato with Butter & Sour Cream, Steamed Peas, Pineapple	Calories 677 kcal	Pork Carnitas on Wheat Tortillas with Cabbage Slaw & Salsa, Black Bean/Corn/Jicama Salad, Honeydew, Pumpkin Sugar Cookie	Calories 772 kcal	Pork Spare Ribs, Tropical Pasta Salad, Capri Mixed Vegetables, Orange Slices	Calories 749 kcal	Beef Swedish Meatballs & Gravy over Egg Noodles, Creamed Spinach, Apricots	Calories 694 kcal	Honey Ginger Chicken Thigh, Vegetable Fried Rice, Side of Soy Sauce, Edamame & Corn Salad, Banana	Calories 729 kcal
	Carbs 89 gm		Carbs 76 gm		Carbs 77 gm		Carbs 84 gm		Carbs 75 gm
	Fiber 7 gm		Fiber 11 gm		Fiber 8 gm		Fiber 8 gm		Fiber 9 gm
	Protein 35 gm		Protein 44 gm		Protein 42 gm		Protein 40 gm		Protein 37 gm
	Fat 19 gm		Fat 32 gm		Fat 31 gm		Fat 23 gm		Fat 26 gm
	Sodium 1187 mg		Sodium 950 mg		Sodium 687 mg		Sodium 582 mg		Sodium 719 mg
10		11		12		13		14	
Balsamic Chicken, Lentil Vegetable Pilaf, Green Beans & Peppers, Apple/ Beet/ Walnut Salad*	Calories 721 kcal	Tilapia with Lemon Butter Sauce, Tartar Sauce, Greek Potato Wedges, Pea/Mushroom/Bacon Sauté, Diced Pears	Calories 689 kcal	Beef Pot Pie, Wheat Roll with Butter, Lima Beans with Bacon, Fruit Salad	Calories 807 kcal	Greek Lemon Chicken Thigh with Gravy, Orzo & Rice Pilaf with Almonds*, Balsamic Brussels Sprouts, Apple	Calories 786 kcal	Turkey Breast with Gravy, Smashed Sweet Potatoes & Butter, Broccoli/Olive/Sundried Tomato Salad, Mandarin Oranges, Chocolate Peanut Butter Cookie*	Calories 764 kcal
	Carbs 60 gm		Carbs 69 gm		Carbs 84 gm		Carbs 80 gm		Carbs 83 gm
	Fiber 9 gm		Fiber 8 gm		Fiber 10 gm		Fiber 10 gm		Fiber 10 gm
	Protein 48 gm		Protein 40 gm		Protein 46 gm		Protein 49 gm		Protein 38 gm
	Fat 24 gm		Fat 29 gm		Fat 32 gm		Fat 31 gm		Fat 32 gm
	Sodium 662 mg		Sodium 906 mg		Sodium 922 mg		Sodium 676 mg		Sodium 1263 mg
17		18		19		20		21	
<p style="text-align: center;">Closed</p> 		Ham & Split Pea Soup, Wheat Roll with Butter, Garden Side Salad with Chicken & Balsamic Vinaigrette, Pineapple	Calories 691 kcal	Hamburger with Tomato, Onion, Ketchup, Mayo & Mustard, Low-Fat Cottage Cheese, Broccoli & Cauliflower, Apricots	Calories 696 kcal	Kalua Pork, Baked Beans, Steamed Peas, Diced Mango, Gelatin Parfait*	Calories 687 kcal	Chicken Noodle Bake, Roasted Root Vegetables, Fruit Salad, Cheddar Cheese Snack	Calories 700 kcal
			Carbs 78 gm		Carbs 68 gm		Carbs 74 gm		Carbs 78 gm
			Fiber 14 gm		Fiber 6 gm		Fiber 16 gm		Fiber 6 gm
			Protein 44 gm		Protein 45 gm		Protein 37 gm		Protein 38 gm
			Fat 26 gm		Fat 27 gm		Fat 30 gm		Fat 27 gm
			Sodium 1026 mg		Sodium 1056 mg		Sodium 546 mg		Sodium 696 mg
24		25		26		27		28	
Spaghetti Beef Bolognese with Parmesan, Spinach Salad* with Italian Dressing, Orange Slices, Strawberry Cheesecake Bar	Calories 709 kcal	Roast Beef & Mashed Potatoes with Gravy, Corn Muffin with Butter, Green Bean Almondine*, Diced Cantaloupe	Calories 756 kcal	Chicken a La King with Mushrooms over Whole Wheat Penne, Roasted Winter Vegetables, Cinnamon Applesauce, Apricot Walnut Bar*	Calories 715 kcal	Lentil & Italian Sausage Soup, Turkey & Cheddar Sandwich on Wheat with Tomato, Mayo & Mustard, Asparagus, Fruit Salad	Calories 723 kcal	Honey Balsamic Pork Loin with Roasted Red Pepper Sauce, Roasted Red Potatoes, California Blend Vegetables, Pineapple	Calories 697 kcal
	Carbs 98 gm		Carbs 77 gm		Carbs 82 gm		Carbs 82 gm		Carbs 85 gm
	Fiber 12 gm		Fiber 6 gm		Fiber 10 gm		Fiber 9 gm		Fiber 7 gm
	Protein 31 gm		Protein 44 gm		Protein 38 gm		Protein 41 gm		Protein 35 gm
	Fat 25 gm		Fat 30 gm		Fat 28 gm		Fat 27 gm		Fat 25 gm
	Sodium 1083 mg		Sodium 765 mg		Sodium 565 mg		Sodium 1231 mg		Sodium 407 mg

SPICED Pears RECIPE



- 2 small pears (ripe but firm)
- 1/2 tablespoon lemon juice
- 1 tablespoon unsalted butter
- 1 tablespoon brown sugar
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cloves

1. Cut pears into 1/4-inch slices. Toss with lemon juice.
2. Melt butter in a medium-sized pan. Stir in the pears. Cover & cook on medium-low heat for 10 minutes, stirring once halfway through.
3. Combine sugar, cinnamon, ginger, cloves & a pinch of salt in a small bowl.
4. After cooking pears for 10 minutes, add in spice mixture.
5. Turn up heat slightly & cook until pears are tender and glazed, about 3 to 5 minutes. Serve warm.

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.

All meals contain 1% milk

Friendly Fork Meal Schedule

Monday			
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
Tuesday			
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
Wednesday			
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	970-301-5574
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
Thursday			
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
Friday			
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