


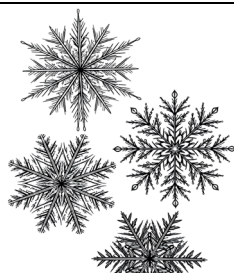
Friendly Fork Menu - February 2026

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

Monday 2		Tuesday 3		Wednesday 4		Thursday 5		Friday 6	
Chicken Fried Steak & Mashed Potatoes with Country Gravy, Roasted Zucchini / Mushrooms / Peppers, Apple Slices	Cal 695	Pork Carnitas on Wheat Tortillas with Slaw & Salsa, Black Bean / Corn / Jicama Salad, Honeydew, Pumpkin Sugar Cookie	Cal 789	Beef Enchilada Casserole, Refried Beans, Peppers & Mushrooms, Pineapple	Cal 701	Beef Meatballs over Egg Noodles with Gravy, Creamed Spinach, Apricots	Cal 711	Honey Ginger Chicken, Fried Rice, Side of Soy Sauce, Edamame & Corn Salad, Banana	Cal 746
	Carb 97 g		Carb 75 g		Carb 67 g		Carb 83 g		Carb 75 g
	Fiber 7 g		Fiber 11 g		Fiber 14 g		Fiber 8 g		Fiber 9 g
	Pro 32 g		Pro 44 g		Pro 38 g		Pro 39 g		Pro 37 g
	Fat 20 g		Fat 34 g		Fat 34 g		Fat 26 g		Fat 29 g
	Sod 1287 mg		Sod 969 mg		Sod 666 mg		Sod 601 mg		Sod 738 mg
9		10		11		12		13	
Pork Spare Ribs, Tropical Pasta Salad, California Vegetable Blend, Mandarin Oranges	Cal 751	Tilapia with Lemon Butter Sauce, Roasted Red Potatoes, Peas & Mushrooms with Bacon, Coleslaw, Pears	Cal 756	Beef Pot Pie, Garlic Green Beans, Pickled Beets, Orange Slices	Cal 704	Lemon Chicken with Gravy, Rice & Orzo Pilaf with Almonds*, Balsamic Brussels Sprouts, Apple Slices	Cal 803	Roast Turkey Breast with Gravy, Smashed Yams, Broccoli & Sun-Dried Tomato Salad, Fruit Salad, Chocolate Peanut Butter Cookie*	Cal 759
	Carb 72 g		Carb 77 g		Carb 73 g		Carb 79 g		Carb 85 g
	Fiber 6 g		Fiber 11 g		Fiber 10 g		Fiber 10 g		Fiber 11 g
	Pro 41 g		Pro 41 g		Pro 38 g		Pro 49 g		Pro 38 g
	Fat 33 g		Fat 34 g		Fat 30 g		Fat 33 g		Fat 31 g
	Sod 720 mg		Sod 893 mg		Sod 669 mg		Sod 695 mg		Sod 1252 mg
16		17		18		19		20	
<div>  <p>Closed</p> <p>PRESIDENTS <i>Day</i></p> </div>		Split Pea & Ham Soup, Garden Salad with Chicken & Balsamic Dressing, Wheat Roll with Butter, Pineapple	Cal 708	Cheeseburger on Wheat Bun with Lettuce, Tomato, Onion, Ketchup, Mustard & Mayo, Mixed Vegetables, Grapes	Cal 744	Chicken Alfredo over Wheat Penne, Breadstick, Farmer's Market Vegetable Medley, Kiwi	Cal 748	Chicken Noodle Bake, Sourdough Bread with Butter, Broccoli & Cauliflower, Strawberries & Blueberries	Cal 719
			Carb 77 g		Carb 72 g		Carb 82 g		Carb 83 g
			Fiber 14 g		Fiber 10 g		Fiber 9 g		Fiber 6 g
			Pro 44 g		Pro 40 g		Pro 43 g		Pro 39 g
			Fat 29 g		Fat 33 g		Fat 31 g		Fat 26 g
			Sod 1045 mg		Sod 1144 mg		Sod 820 mg		Sod 841 mg
23		24		25		26		27	
Beef & Turkey Bolognese over Wheat Spaghetti, Orange & Spinach Salad with Italian Dressing, Orange Slices, Blueberry Cheesecake Bar	Cal 748	Roast Beef & Mashed Potatoes with Gravy, Corn Muffin with Butter, Green Bean Almondine*, Cantaloupe	Cal 772	Chicken a La King over Wheat Penne, Roasted Winter Vegetables, Fruit Salad, Apricot Walnut Bar*	Cal 728	Lentil & Sausage Soup, Turkey & Cheddar Sandwich on Sunflower Bread* with Tomato, Mustard & Mayo, Carrots, Grapes	Cal 738	Kalua Pork, Baked Beans, Corn & Lima Bean Succotash, Banana	Cal 705
	Carb 81 g		Carb 76 g		Carb 81 g		Carb 82 g		Carb 85 g
	Fiber 11 g		Fiber 6 g		Fiber 10 g		Fiber 10 g		Fiber 16 g
	Pro 36 g		Pro 44 g		Pro 38 g		Pro 38 g		Pro 36 g
	Fat 34 g		Fat 33 g		Fat 30 g		Fat 29 g		Fat 31 g
	Sod 1116 mg		Sod 785 mg		Sod 575 mg		Sod 1237 mg		Sod 599 mg

Need to order or cancel?

Please call the designated meal site or the Nutrition Hotline at **970-400-6955** by **11 am** the business day **prior** to the meal.
All meals include 2% milk.



February Fun Facts

- ♥ Colorado has more than 300 days of sunshine each year, even during snowy February winters.
- ♥ In the 40s, 50s, and 60s, many Coloradans relied on coal and wood stoves to stay warm.
- ♥ Before modern snowplows, trains were often the most reliable winter transportation in mountain towns.
- ♥ During wartime years, when supplies were scarce, many people showed their affection by making or handwriting Valentine's cards.





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	11:00am	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	11:30am	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	11:00am	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	925-683-6449
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