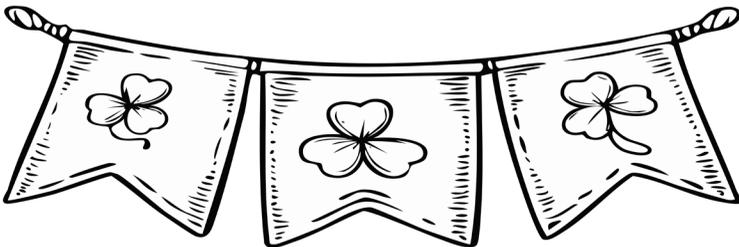


Friendly Fork Menu - March 2026

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

Monday 2		Tuesday 3		Wednesday 4		Thursday 5		Friday 6		
Shepherd's Pie, Aztec Corn, Carrot Raisin Salad, Peaches	Cal 676	BBQ Chicken Sandwich on Wheat Bun with Tomato & Pickles, Coleslaw, Zucchini / Mushrooms / Peppers, Apricots	Cal 666	Austrian-Style Pork over Mashed Potatoes, Green Beans, Banana	Cal 773	Beef Stew, Wheat Roll with Butter, Side Salad with Poppy Seed Dressing, Apple Slices	Cal 750	Tilapia with Parmesan Sage Sauce, Broccoli & Rice Casserole, Cucumber Vegetable Salad, Pears, Chocolate Raspberry Brownie	Cal 731	
	Carb 77 g		Carb 81 g		Carb 71 g		Carb 81 g		Carb 84 g	
	Fiber 7 g		Fiber 10 g		Fiber 8 g		Fiber 9 g		Fiber 9 g	
	Pro 35 g		Pro 47 g		Pro 35 g		Pro 38 g		Pro 47 g	
	Fat 27 g		Fat 18 g		Fat 42 g		Fat 31 g		Fat 25 g	
Sod 809 mg	Sod 1035 mg	Sod 435 mg	Sod 1241 mg	Sod 638 mg						
9		10		11		12		13		
New England Clam Chowder with Crackers, Side Salad with Chicken & Low-Fat Ranch Dressing, Banana	Cal 676	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Balsamic Brussels Sprouts, Orange Slices	Cal 694	Ham & Potato Frittata with Salsa, Peppers & Mushrooms, Berry Greek Yogurt Parfait, Morning Glory Muffin*	Cal 729	Chicken Caesar Wrap, Cream of Asparagus Soup with Crackers, Three Bean Salad, Pineapple	Cal 771	Chicken Tetrastini, Breadstick, Kale Caesar Salad, Cantaloupe	Cal 727	
	Carb 68 g		Carb 74 g		Carb 78 g		Carb 76 g		Carb 71 g	
	Fiber 6 g		Fiber 10 g		Fiber 9 g		Fiber 11 g		Fiber 7 g	
	Pro 39 g		Pro 39 g		Pro 37 g		Pro 32 g		Pro 46 g	
	Fat 29 g		Fat 28 g		Fat 31 g		Fat 39 g		Fat 31 g	
Sod 788 mg	Sod 896 mg	Sod 948 mg	Sod 1284 mg	Sod 945 mg						
16		17		18		19		20		
Beef & Bean Chili with Crackers, Corn Muffin with Butter, Carrots with Spinach Artichoke Dip, Mixed Fruit	Cal 718	Corned Beef & Cabbage, Red Potatoes, Apple Slices, Irish Cream Cheesecake	Cal 802	Chicken Taco with Tomato, Lettuce, Cheese, Salsa & Guacamole, Sauteed Squash, Mango	Cal 682	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Roasted Winter Vegetables, Orange Slices	Cal 698	Tuna Salad Sandwich on Wheat with Lettuce & Tomato, Mediterranean Lentil Soup with Crackers, Honeydew	Cal 697	
	Carb 84 g		Carb 79 g		Carb 57 g		Carb 89 g		Carb 89 g	
	Fiber 9 g		Fiber 10 g		Fiber 7 g		Fiber 6 g		Fiber 16 g	
	Pro 36 g		Pro 31 g		Pro 44 g		Pro 33 g		Pro 42 g	
	Fat 27 g		Fat 40 g		Fat 30 g		Fat 24 g		Fat 21 g	
Sod 885 mg	Sod 1325 mg	Sod 1169 mg	Sod 1338 mg	Sod 1187 mg						
23		24		25		26		27		
Pork Pozole with Corn Tortilla, Refried Beans, Edamame & Celery Slaw, Fruit Salad, Gelatin Parfait*	Cal 692	Cheeseburger on Wheat Bun with Lettuce, Onion, Tomato, Pickles, Ketchup, Mustard & Mayo, Spiced Roasted Vegetables, Pears	Cal 738	French Dip Sandwich with Side of au Jus, Side Salad with Raspberry Vinaigrette, Apple Slices, Strawberry Basil Cheesecake	Cal 733	Chicken Teriyaki over Fried Rice, Riced Cauliflower, Fruit Salad, Almond Cookie*	Cal 688	Chipotle Pork with BBQ Sauce, Roasted Red Potatoes, Peas & Carrots, Apricots	Cal 718	
	Carb 80 g		Carb 71 g		Carb 76 g		Carb 76 g		Carb 71 g	
	Fiber 16 g		Fiber 10 g		Fiber 7 g		Fiber 6 g		Fiber 9 g	
	Pro 33 g		Pro 39 g		Pro 43 g		Pro 41 g		Pro 31 g	
	Fat 27 g		Fat 33 g		Fat 30 g		Fat 25 g		Fat 36 g	
Sod 1082 mg	Sod 1127 mg	Sod 814 mg	Sod 967 mg	Sod 724 mg						
30		31						<p>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.</p>		
Chicken Breast with Gravy, Wheat Roll with Butter, Roasted Sweet Potatoes, Mixed Vegetables, Orange Slices	Cal 730	Turkey Breast with Gravy, Herbed Orzo, California Blend Vegetables, Mandarin Oranges & Grapes	Cal 702							Cal 702
	Carb 76 g		Carb 84 g							Carb 84 g
	Fiber 9 g		Fiber 6 g							Fiber 6 g
	Pro 41 g		Pro 38 g							Pro 38 g
	Fat 30 g		Fat 24 g	Fat 24 g						
Sod 736 mg	Sod 857 mg	Sod 857 mg	Sod 857 mg	Sod 857 mg						



Friendly Fork Meal Schedule

Monday			
Birchwood	11:30 am	2830 W. 27 th St Lane	970-400-6955
Fort Lupton	12:00 pm	203 S. Harrison Ave	303-857-4200 x 6166
Greeley Manor	11:30 am	1000 13 th St	970-400-6955
Greeley Active Adult Center	11:30 am	1010 6 th St	970-350-9440
Greeley Senior Housing	11:45 am	1717 30 th St	970-400-6955
Milliken	11:00 am	1101 Broad St	970-660-5040
Platteville	11:30 am	508 Reynolds	970-785-2245
Windsor	11:15 am	250 N. 11 th St	970-674-3500
Tuesday			
Broadview	11:00 am	2915 W. 8 th St.	970-400-6955
Carbon Valley	12:00 pm	151 Grant Ave, Firestone	303-833-3660 x123
Evans	11:00 am	1100 37 th St	970-475-1132
Kersey	11:30 am	215 2 nd St	970-353-1681 ext 2
LaSalle	11:00 am	101 Todd Ave	970-284-0900
Lochbuie	12:15 pm	501 Willow Drive	303-659-8262
Windsor	11:15 am	250 N. 11 th St	970-674-3500
Wednesday			
Birchwood	11:30 am	2830 W. 27 th St Lane	970-400-6955
Eaton	12:00 pm	1675 3 rd St	970-454-1070
Greeley Manor	11:30 am	1000 13 th St	970-400-6955
Greeley Active Adult Center	11:30 am	1010 6 th St	970-350-9440
Hill 'N Park	11:30 am	4205 Yosemite Drive, Greeley	970-301-5574
Johnstown	11:30 am	101 W. Charlotte	970-587-5251
Rodarte	11:00 am	920 A St, Greeley	970-400-6955
Windsor	11:15 am	250 N. 11 th St	970-674-3500
Thursday			
Broadview	11:00 am	2915 W. 8 th St.	970-400-6955
Carbon Valley	12:00 pm	151 Grant Ave, Firestone	303-833-3660 x123
Erie	12:15 pm	450 Powers St	303-926-2795
Greeley Senior Housing	11:45 am	1717 30 th St	970-400-6955
Kersey	11:30 am	215 2 nd St	970-353-1681 ext 2
Mead	11:45 am	109 3rd St	970-400-6955
Nunn	11:45 am	775 3 rd St	925-683-6449
Pierce	11:30 am	221 Main Ave	970-834-2655
Windsor	11:15 am	250 N. 11 th St	970-674-3500
Friday			
Birchwood	11:30 am	2830 W. 27 th St Lane	970-400-6955
Evans	11:00 am	1100 37 th St	970-475-1132
Greeley Manor	11:30 am	1000 13 th St	970-400-6955
Milliken	11:00 am	1101 Broad St	970-660-5040
Platteville	11:30 am	508 Reynolds	970-785-2245
Windsor	11:15 am	250 N. 11 th St	970-674-3500