

# Friendly Fork Menu - January 2025

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

Monday		Tuesday		Wednesday 1		Thursday 2		Friday 3	
<p><b>Need to order or cancel?</b>            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>									
<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>	
Chicken Stroganoff, Breadstick, Seasoned Green Beans, Apricots, Pumpkin Spice Sugar Cookie, 1% Milk	Calories 764 kcal	Krautburger with Side of Mustard, Marinated Kale Salad, Cheddar Cheese Snack, Pineapple, 1% Milk	Calories 804 kcal	Beef Spaghetti Bolognese with Mushrooms & Parmesan Cheese, Spinach Mandarin Orange Salad* with Italian Dressing, Honeydew, 1% Milk	Calories 722 kcal	White Chicken Chili, Chicken Fajita on Wheat Tortilla with Guacamole, Peppers & Onions, Banana, 1% Milk	Calories 682 kcal	Pulled Pork Sandwich, Baked Beans, Carrot Raisin Salad, Cantaloupe, Gelatin Parfait*, 1% Milk	Calories 670 kcal
	Carbs 83 gm		Carbs 88 gm		Carbs 76 gm		Carbs 76 gm		
	Fiber 7 gm		Fiber 9 gm		Fiber 10 gm		Fiber 14 gm		
	Protein 42 gm		Protein 49 gm		Protein 34 gm		Protein 48 gm		
	Fat 29 gm		Fat 26 gm		Fat 17 gm		Fat 21 gm		
Sodium 602 mg	Sodium 692 mg	Sodium 786 mg	Sodium 636 mg	Sodium 1212 mg					
<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>	
Sloppy Joe, Low-Fat Cottage Cheese, Balsamic Brussels Sprouts, Diced Mango, 1% Milk	Calories 714 kcal	Austrian Pork, Wheat Roll with Butter, Peas & Carrots, Cinnamon Applesauce, 1% Milk	Calories 772 kcal	Italian Braised Chicken, Orzo & Rice Pilaf with Almonds*, Broccoli/Olive/Sundried Tomato Salad, Mixed Fruit, 1% Milk	Calories 894 kcal	Beef & Mushroom Meatloaf, Mashed Potatoes & Beef Gravy, Roasted Zucchini/Mushroom/Pepper Blend, Apple, Orange Vanilla Chia Pudding*, 1% Milk	Calories 705 kcal	Roasted Chicken Breast with Gravy, Buttermilk Biscuit with Butter, Cauliflower Rice Stir Fry, Orange Slices, 1% Milk	Calories 689 kcal
	Carbs 82 gm		Carbs 64 gm		Carbs 78 gm		Carbs 78 gm		
	Fiber 10 gm		Fiber 9 gm		Fiber 8 gm		Fiber 9 gm		
	Protein 48 gm		Protein 35 gm		Protein 39 gm		Protein 37 gm		
	Fat 19 gm		Fat 39 gm		Fat 46 gm		Fat 26 gm		
Sodium 1232 mg	Sodium 520 mg	Sodium 926 mg	Sodium 1042 mg	Sodium 1051 mg					
<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>	
 <p><b>Closed in Honor of Martin Luther King Jr. Day</b></p>		Salisbury Steak & Mashed Potatoes with Gravy, Green Beans with Bacon, Banana, 1% Milk	Calories 734 kcal	Pork Loin with Gravy, Lemon Orzo, Roasted Cauliflower, Apple, Peach Crisp, 1% Milk	Calories 725 kcal	Roasted Turkey Breast with Gravy, Baked Sweet Potato with Butter, BLT Side Salad with Dressing, Apricots, 1% Milk	Calories 677 kcal	Beef Lasagna, Wheat Roll with Butter, Garlic Lemon Broccoli, Diced Honeydew, 1% Milk	Calories 681 kcal
			Carbs 79 gm		Carbs 83 gm		Carbs 79 gm		
			Fiber 8 gm		Fiber 8 gm		Fiber 10 gm		
			Protein 40 gm		Protein 41 gm		Protein 35 gm		
			Fat 28 gm		Fat 24 gm		Fat 24 gm		
	Sodium 1129 mg	Sodium 681 mg	Sodium 1147 mg	Sodium 1080 mg					
<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>		<b>31</b>	
Tilapia with Parmesan Sage Sauce, Wheat Roll with Butter, Macaroni & Cheese, Maple Glazed Carrots, Mixed Fruit, 1% Milk	Calories 726 kcal	Chicken Salad Sandwich on Wheat with Tomato, Italian Vegetable Blend, Orange Slices, Apricot Walnut Bar*, 1% Milk	Calories 775 kcal	Chicken Teriyaki, Mushroom & Peppers Rice Pilaf, Vegetable Blend, Cinnamon Applesauce, 1% Milk	Calories 669 kcal	Cheeseburger with Tomato, Onion, Ketchup, Mustard & Mayo, Lima Beans with Bacon, Diced Pears, 1% Milk	Calories 783 kcal	Chipotle Pork, Garlic Roasted Red Potatoes, Steamed Peas, Apple, 1% Milk	Calories 747 kcal
	Carbs 84 gm		Carbs 85 gm		Carbs 86 gm		Carbs 78 gm		
	Fiber 7 gm		Fiber 8 gm		Fiber 5 gm		Fiber 11 gm		
	Protein 45 gm		Protein 45 gm		Protein 41 gm		Protein 44 gm		
	Fat 18 gm		Fat 28 gm		Fat 14 gm		Fat 31 gm		
Sodium 967 mg	Sodium 1126 mg	Sodium 743 mg	Sodium 1274 mg	Sodium 586 mg					

# Friendly Fork Meal Schedule

<b>Monday</b>			
Birchwood	11:30am	2830 W. 27 <sup>th</sup> St Lane	970-400-6955
Fort Lupton	12:00pm	203 S. Harrison Ave	303-857-4200 x 6166
Greeley Manor	11:30am	1000 13 <sup>th</sup> St	970-400-6955
Greeley Active Adult Center	11:30am	1010 6 <sup>th</sup> St	970-350-9440
Greeley Senior Housing	11:45am	1717 30 <sup>th</sup> 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 <sup>th</sup> St	970-674-3500
<b>Tuesday</b>			
Broadview	11:30am	2915 W. 8 <sup>th</sup> St.	970-400-6955
Carbon Valley	12:00pm	151 Grant Ave, Firestone	303-833-3660 x123
Evans	11:00am	1100 37 <sup>th</sup> St	970-475-1132
Kersey	11:30am	215 2 <sup>nd</sup> 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 <sup>th</sup> St	970-674-3500
<b>Wednesday</b>			
Birchwood	11:30am	2830 W. 27 <sup>th</sup> St Lane	970-400-6955
Eaton	12:00pm	1675 3 <sup>rd</sup> St	970-454-1070
Greeley Manor	11:30am	1000 13 <sup>th</sup> St	970-400-6955
Greeley Active Adult Center	11:30am	1010 6 <sup>th</sup> 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 <sup>th</sup> St	970-674-3500
<b>Thursday</b>			
Broadview	11:30am	2915 W. 8 <sup>th</sup> 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 <sup>th</sup> St	970-400-6955
Kersey	11:30am	215 2 <sup>nd</sup> St	970-353-1681 ext 2
Mead	11:45am	109 3rd St	970-400-6955
Nunn	11:45am	775 3 <sup>rd</sup> St	970-897-2459
Pierce	11:30am	221 Main Ave	970-834-2655
Windsor	11:15am	250 N. 11 <sup>th</sup> St	970-674-3500
<b>Friday</b>			
Birchwood	11:30am	2830 W. 27 <sup>th</sup> St Lane	970-400-6955
Evans	11:00am	1100 37 <sup>th</sup> St	970-475-1132
Greeley Manor	11:30am	1000 13 <sup>th</sup> 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 <sup>th</sup> St	970-674-3500