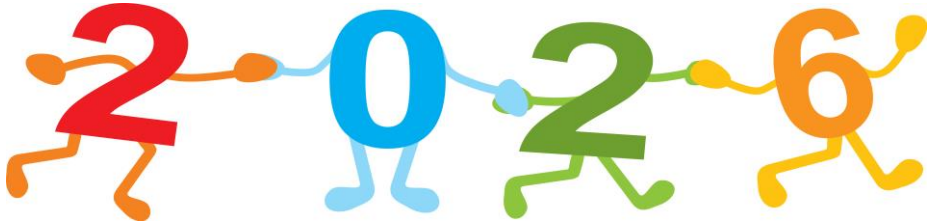


Friendly Fork Menu - January 2026

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

Monday		Tuesday		Wednesday		Thursday 1		Friday 2						
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.				Happy New Year! Meals will resume										
5		6		7		8		9						
Baked Tilapia with Parmesan Sage Sauce, Wheat Roll with Butter, Macaroni & Cheese, Maple Glazed Carrots, Fruit Salad	Cal	754	Krautburger with Side of Mustard, Marinated Kale Salad, Pineapple	Cal	742	Italian Braised Chicken with White Wine Mushroom Sauce, Lemon & Herb Orzo, Asparagus & Corn, Fruit Salad	Cal	677	White Chicken Chili with Tortilla Strips, Corn Muffin with Butter, Refried Beans, Sauteed Squash, Cantaloupe	Cal	704			
	Carb	84 g		Carb	87 g		Carb	67 g		Carb	77 g	Carb	84 g	
	Fiber	7 g		Fiber	9 g		Fiber	6 g		Fiber	9 g	Fiber	17 g	
	Pro	45 g		Pro	45 g		Pro	35 g		Pro	36 g	Pro	35 g	
	Fat	23 g		Fat	24 g		Fat	33 g		Fat	26 g	Fat	26 g	
	Sod	982 mg		Sod	558 mg		Sod	497 mg		Sod	1226 mg	Sod	911 mg	
12		13		14		15		16						
Sloppy Joe on Wheat Bun, Balsamic Brussels Sprouts, Apple Slices with Peanut Butter*	Cal	759	Austrian Style Pork over Mashed Potatoes, Peas & Carrots, Banana	Cal	805	Beef Lasagna, Herb Breadstick, Side Salad with Low-Fat Ranch Dressing, Apricots	Cal	703	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Zucchini / Peppers / Mushrooms, Cantaloupe, Morning Glory Muffin*	Cal	754	Chicken Breast with Gravy, Buttermilk Biscuit with Jelly & Butter, Mixed Vegetables, Mandarin Oranges & Grapes	Cal	765
	Carb	89 g		Carb	77 g		Carb	73 g		Carb	80 g		Carb	82 g
	Fiber	13 g		Fiber	10 g		Fiber	9 g		Fiber	7 g		Fiber	6 g
	Pro	39 g		Pro	35 g		Pro	39 g		Pro	38 g		Pro	42 g
	Fat	29 g		Fat	41 g		Fat	30 g		Fat	33 g		Fat	29 g
	Sod	964 mg		Sod	461 mg		Sod	1185 mg		Sod	988 mg		Sod	1100 mg
19		20		21		22		23						
		Salisbury Steak with Mashed Potatoes & Gravy, Green Beans with Bacon, Pears	Cal	720	Chicken Salad on Wheat with Lettuce & Tomato, Italian Vegetable Medley, Orange Slices, Apricot Walnut Bar*	Cal	804	Salmon with Lemon Basil Tartar Sauce, Orzo, California Blend Vegetables, Strawberries & Blueberries	Cal	697	Chipotle Shredded Pork with BBQ Sauce, Baked Beans, Coleslaw, Pineapple	Cal	670	
			Carb	68 g		Carb	57 g		Carb	67 g		Carb	74 g	
			Fiber	7 g		Fiber	9 g		Fiber	7 g		Fiber	13 g	
			Pro	39 g		Pro	43 g		Pro	38 g		Pro	44 g	
			Fat	33 g		Fat	33 g		Fat	31 g		Fat	25 g	
			Sod	1145 mg		Sod	1143 mg		Sod	487 mg		Sod	801 mg	
26		27		28		29		30						
Chicken Stroganoff, Lemon Garlic Broccoli, Apricots, Pumpkin Spice Sugar Cookie	Cal	688	Beef & Black Bean Chili, Broccoli / Olive / Sundried Tomato Salad, Mixed Fruit, Cinnamon Roll	Cal	696	Sweet & Sour Pork Stir Fry over Rice, Side of Soy Sauce, Bok Choy & Edamame Vegetable Medley, Mango	Cal	801	Cheeseburger on Wheat Bun with Lettuce, Tomato, Onion, Mustard, Mayo & Ketchup, Lima Beans with Bacon, Pears	Cal	812	Roasted Turkey Breast with Gravy, Baked Sweet Potato with Butter, BLT Side Salad, Cinnamon Applesauce	Cal	741
	Carb	72 g		Carb	78 g		Carb	84 g		Carb	78 g		Carb	79 g
	Fiber	8 g		Fiber	11 g		Fiber	6 g		Fiber	11 g		Fiber	9 g
	Pro	41 g		Pro	38 g		Pro	37 g		Pro	44 g		Pro	35 g
	Fat	28 g		Fat	27 g		Fat	34 g		Fat	35 g		Fat	32 g
	Sod	586 mg		Sod	867 mg		Sod	517 mg		Sod	1291 mg		Sod	1123 mg



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	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