



# Friendly Fork Menu - July 2025

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

Monday		Tuesday		Wednesday		Thursday		Friday	
<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 <b>All meals include 2% milk.</b>		1		2		3		4	
		Salmon with Lemon Basil Tartar Sauce, Diced Sweet Potatoes, Steamed Carrots, Fresh Strawberry Fruit Salad, Banana Chia Pudding	Calories 768 kcal	Krautburger with Side of Mustard, Spinach & Mushroom Salad with Balsamic Vinaigrette, Fresh Strawberries	Calories 792 kcal	 <div>Closed</div> <div>Happy Independence Day!</div>			
			Carbs 71 gm		Carbs 86 gm				
			Fiber 11 gm		Fiber 10 gm				
			Protein 36 gm		Protein 47 gm				
			Fat 39 gm		Fat 29 gm				
			Sodium 571 mg		Sodium 695 mg				
7		8		9		10		11	
Austrian-Style Pork over Mashed Potatoes, Green Bean Almondine*, Fresh Pineapple	Calories 757 kcal	Hamburger on Wheat Bun with Onion, Lettuce, Tomato, Mustard, Mayo, Ketchup, Broccoli Sundried Tomato Salad, Diced Cantaloupe	Calories 772 kcal	Chicken & Mushroom Stroganoff, Cheesy Breadstick, Roasted Brussels Sprouts, Side of Malt Vinegar, Fresh Melons & Blueberries	Calories 726 kcal	Chicken Breast with Gravy, Baked Sweet Potato with Butter, Farmer's Market Vegetable Medley, Diced Honeydew	Calories 696 kcal	Beef Pot Pie, Corn, Steamed Zucchini, Orange Slices, Gelatin Parfait*	Calories 715 kcal
	Carbs 57 gm		Carbs 67 gm		Carbs 67 gm		Carbs 76 gm		Carbs 75 gm
	Fiber 7 gm		Fiber 10 gm		Fiber 8 gm		Fiber 9 gm		Fiber 9 gm
	Protein 34 gm		Protein 39 gm		Protein 47 gm		Protein 40 gm		Protein 39 gm
	Fat 44 gm		Fat 40 gm		Fat 31 gm		Fat 26 gm		Fat 30 gm
	Sodium 405 mg		Sodium 1095 mg		Sodium 713 mg		Sodium 525 mg		Sodium 428 mg
14		15		16		17		18	
Chicken Salad on Sunflower Panini Bread* with Lettuce & Tomato, Caribbean Pasta Salad, Apple & Beet Salad with Walnuts*	Calories 968 kcal	Sloppy Joe on Wheat Bun, German Potato Salad, Asparagus with Parmesan Cheese, Fresh Strawberries	Calories 722 kcal	Beef Meatballs & Gravy over Egg Noodles, California Blend Vegetables, Diced Cantaloupe, Blueberry Cheesecake Bar	Calories 801 kcal	Pork Carnitas on a Wheat Tortilla with Slaw, Salsa & Guacamole, Kale / Sweet Potato / Corn Salad, Diced Watermelon	Calories 679 kcal	Turkey & Cheese Sandwich on Wheat with Mustard & Mayo, 3 Bean Salad, Kale & Butternut Squash Salad, Apricots	Calories 746 kcal
	Carbs 84 gm		Carbs 83 gm		Carbs 88 gm		Carbs 58 gm		Carbs 79 gm
	Fiber 7 gm		Fiber 9 gm		Fiber 6 gm		Fiber 8 gm		Fiber 12 gm
	Protein 47 gm		Protein 40 gm		Protein 38 gm		Protein 41 gm		Protein 39 gm
	Fat 42 gm		Fat 26 gm		Fat 33 gm		Fat 31 gm		Fat 31 gm
	Sodium 1142 mg		Sodium 1299 mg		Sodium 704 mg		Sodium 927 mg		Sodium 1142 mg
21		22		23		24		25	
Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Italian Vegetable Blend, Apple Slices with Peanut Butter*	Calories 763 kcal	New England Clam Chowder, Wheat Roll with Butter, Tossed Salad with Chicken & Caesar Dressing, Orange Slices	Calories 754 kcal	Diced Chicken Thigh with Gravy, Vegetable Lentil Pilaf, Roasted Zucchini / Mushroom / Peppers, Banana	Calories 741 kcal	Kansas City BBQ Beef, Baked Beans, BLT Side Salad, Mandarin Oranges & Grapes	Calories 687 kcal	Chicken Teriyaki, Fried Rice, Asian Vegetable Blend, Low-Sodium Soy Sauce, Fresh Pineapple, Almond Cookie*	Calories 682 kcal
	Carbs 79 gm		Carbs 70 gm		Carbs 81 gm		Carbs 83 gm		Carbs 72 gm
	Fiber 9 gm		Fiber 8 gm		Fiber 10 gm		Fiber 11 gm		Fiber 6 gm
	Protein 40 gm		Protein 41 gm		Protein 50 gm		Protein 35 gm		Protein 42 gm
	Fat 32 gm		Fat 35 gm		Fat 26 gm		Fat 28 gm		Fat 26 gm
	Sodium 980 mg		Sodium 1045 mg		Sodium 778 mg		Sodium 987 mg		Sodium 676 mg
28		29		30		31			
Chicken Fajitas on a Wheat Tortilla with Sour Cream & Pico de Gallo, Refried Beans, Peppers & Onions, Diced Watermelon, Pumpkin Sugar Cookie	Calories 777 kcal	Spaghetti Bolognese with Beef, Pork, Mushrooms & Parmesan, Herb Breadstick, Green Beans with Bacon, Diced Honeydew	Calories 893 kcal	Pork Loin with Parmesan Sage Sauce, Scalloped Potatoes, Sautéed Cabbage, Orange Slices	Calories 786 kcal	Tilapia with Pineapple Pico de Gallo, Brown Rice with Pepitas*, Creamy Cilantro Coleslaw, Watermelon & Feta Salad, Apple Crisp	Calories 694 kcal		
	Carbs 85 gm		Carbs 80 gm		Carbs 70 gm		Carbs 71 gm		
	Fiber 13 gm		Fiber 11 gm		Fiber 8 gm		Fiber 6 gm		
	Protein 40 gm		Protein 44 gm		Protein 48 gm		Protein 41 gm		
	Fat 29 gm		Fat 32 gm		Fat 35 gm		Fat 30 gm		
	Sodium 803 mg		Sodium 1123 mg		Sodium 1023 mg		Sodium 760 mg		



# Friendly Fork Meal Schedule

Monday			
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
Tuesday			
Broadview	11:00am	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
Wednesday			
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
Thursday			
Broadview	11:00am	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
Friday			
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