


# Friendly Fork Menu - March 2025

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

Monday		Tuesday		Wednesday		Thursday		Friday																	
3		4		5		6		7																	
Shepherd's Pie, Corn Sauté, Carrot Raisin Salad, Peaches	Calories 676 kcal	BBQ Chicken Sandwich with Tomato & Pickles, Zucchini/ Mushroom/ Pepper Sauté, Coleslaw, Apricots	Calories 667 kcal	Austrian-Style Pork, Peas, Banana, Gelatin Parfait*	Calories 762 kcal	Beef Stew, Wheat Roll with Butter, Tossed Vegetable Salad with Italian Dressing, Apple	Calories 728 kcal	Baked Tilapia with Parmesan Sage Sauce, Cheesy Rice with Broccoli, Vegetable Olive Salad, Pears	Calories 675 kcal																
	Carbs 77 gm		Carbs 81 gm		Carbs 68 gm		Carbs 75 gm		Carbs 77 gm																
	Fiber 7 gm		Fiber 10 gm		Fiber 9 gm		Fiber 9 gm		Fiber 8 gm																
	Protein 35 gm		Protein 47 gm		Protein 36 gm		Protein 38 gm		Protein 46 gm																
	Fat 27 gm		Fat 18 gm		Fat 40 gm		Fat 31 gm		Fat 21 gm																
Sodium 809 mg	Sodium 1035 mg	Sodium 347 mg	Sodium 873 mg	Sodium 635 mg																					
10		11		12		13		14																	
Pork Loin & Mushroom Gravy, Baked Sweet Potato & Butter, Cauliflower, Honeydew, Cherry Almond Crisp*	Calories 737 kcal	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Balsamic Roasted Brussels Sprouts, Orange Slices	Calories 694 kcal	Ham & Potato Frittata with Salsa, Sautéed Peppers, Berry Yogurt Parfait, Morning Glory Muffin*	Calories 698 kcal	Chicken Caprese Wrap, Cream of Asparagus Soup with Crackers, 3 Bean Salad, Pineapple	Calories 799 kcal	Chicken Tetrizzini, Breadstick, Caesar Side Salad, Diced Cantaloupe	Calories 687 kcal																
	Carbs 62 gm		Carbs 74 gm		Carbs 76 gm		Carbs 77 gm		Carbs 67 gm																
	Fiber 7 gm		Fiber 10 gm		Fiber 8 gm		Fiber 11 gm		Fiber 7 gm																
	Protein 43 gm		Protein 39 gm		Protein 36 gm		Protein 36 gm		Protein 45 gm																
	Fat 36 gm		Fat 28 gm		Fat 29 gm		Fat 39 gm		Fat 29 gm																
Sodium 608 mg	Sodium 896 mg	Sodium 948 mg	Sodium 1289 mg	Sodium 772 mg																					
17		18		19		20		21																	
Krautburger with Side of Mustard, Cucumber Salad, Strawberries & Blueberries	Calories 807 kcal	Roast Turkey with Gravy, Red Potatoes, Corn & Lima Beans, Mandarin Oranges & Grapes, Peanut Butter Cookie*	Calories 716 kcal	Chicken Tacos with Lettuce, Tomato, Cheese, Salsa & Guacamole, Zucchini, Diced Mango	Calories 716 kcal	Chicken Fried Steak & Mashed Potatoes with Gravy, Roasted Winter Vegetables, Orange Slices	Calories 698 kcal	Tuna Salad Sandwich with Lettuce & Tomato, Mediterranean Lentil Soup with Crackers, Diced Honeydew	Calories 817 kcal																
	Carbs 89 gm		Carbs 86 gm		Carbs 66 gm		Carbs 89 gm		Carbs 79 gm																
	Fiber 10 gm		Fiber 7 gm		Fiber 13 gm		Fiber 6 gm		Fiber 13 gm																
	Protein 45 gm		Protein 39 gm		Protein 47 gm		Protein 33 gm		Protein 37 gm																
	Fat 31 gm		Fat 26 gm		Fat 29 gm		Fat 24 gm		Fat 41 gm																
Sodium 535 mg	Sodium 1094 mg	Sodium 1047 mg	Sodium 1338 mg	Sodium 1153 mg																					
24		25		26		27		28																	
Pork Pozole, Corn Tortilla, Refried Beans, Edamame & Celery Slaw, Fruit Salad	Calories 692 kcal	Cheeseburger with Onion, Tomato, Pickles, Ketchup, Mustard & Mayo, Spiced Roasted Vegetables, Pears	Calories 737 kcal	French Dip Sandwich with Side of au Jus, Spinach Mandarin Orange Salad* with Balsamic Vinaigrette, Apple	Calories 795 kcal	Chicken Teriyaki over Fried Rice, Cauliflower Stir Fry, Fruit Salad, Almond Cookie*	Calories 688 kcal	Chipotle Pork, Roasted Red Potatoes, Peas & Carrots, Apricots, Apple Crisp	Calories 734 kcal																
	Carbs 80 gm		Carbs 71 gm		Carbs 84 gm		Carbs 76 gm		Carbs 74 gm																
	Fiber 16 gm		Fiber 10 gm		Fiber 6 gm		Fiber 6 gm		Fiber 9 gm																
	Protein 33 gm		Protein 39 gm		Protein 50 gm		Protein 41 gm		Protein 31 gm																
	Fat 27 gm		Fat 33 gm		Fat 31 gm		Fat 25 gm		Fat 36 gm																
Sodium 1082 mg	Sodium 1125 mg	Sodium 1204 mg	Sodium 967 mg	Sodium 453 mg																					
31		<div style="display: flex; align-items: center;">  <div> <p><b>March is National Nutrition Month!</b></p> <p>Celebrate by focusing on whole foods! Cooking at home with fresh ingredients means more vitamins, minerals &amp; fiber. Choose vegetables, meats &amp; fruits. Nutritious &amp; delicious ideas include...</p> <table style="width: 100%; text-align: center;"> <tr> <td>salmon</td> <td>ground beef &amp; pork</td> <td>broccoli</td> <td>tomatoes</td> </tr> <tr> <td>steak</td> <td>asparagus</td> <td>cauliflower</td> <td>mushrooms</td> </tr> <tr> <td>eggs</td> <td>bok choy</td> <td>green peas</td> <td>blueberries</td> </tr> <tr> <td>sardines</td> <td>kale</td> <td>onion &amp; garlic</td> <td>kiwis</td> </tr> </table> </div> </div>								salmon	ground beef & pork	broccoli	tomatoes	steak	asparagus	cauliflower	mushrooms	eggs	bok choy	green peas	blueberries	sardines	kale	onion & garlic	kiwis
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sardines	kale	onion & garlic	kiwis																						
Chicken Breast with Gravy, Roasted Sweet Potatoes with Side of Ketchup, Mixed Vegetables, Banana		Calories 678 kcal		Calories 79 gm		Calories 9 gm		Calories 38 gm		Calories 25 gm		Calories 634 mg													

**Need to order or cancel?**  
 Please call the designated meal site or the Nutrition Hotline (970-400-6955) by 11 a.m. the business day prior to the meal.  
**All meals contain 2% milk**

# 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
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