Weld County Area Agency on Aging
Friendly Fork (Senior Nutrition)

Friendly Fork Menu - May 2024

*Contains nuts

Monday	Tuesday	Wednesday	Thursday	Friday
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		**1** Chicken & Dumplings, Green Beans with Bacon, Corn, Anjou Pear, 1% Milk Calories 704 kcal Carbs 82 gm Fiber 11 gm Protein 40 gm Fat 24 gm Sodium 1075 mg	**2** Honey Balsamic Pork Cutlet, Cheddar Mashed Potatoes, Grilled Asparagus, Brazilian Carrot Salad, Strawberries, 1% Milk Calories 684 kcal Carbs 73 gm Fiber 7 gm Protein 39 gm Fat 25 gm Sodium 729 mg	**3** Greek-Style Turkey Meatballs with Feta Cheese, Grilled Pita Bread, Quinoa Vegetable Salad, Broccoli, Orange Slices, 1% Milk Calories 682 kcal Carbs 69 gm Fiber 9 gm Protein 36 gm Fat 29 gm Sodium 958 mg
6 Honey Ginger Chicken Thigh with Jasmine Rice & Side of Soy Sauce, Bok Choy Vegetable Blend, Fresh Fruit Salad, Almond Cookie*, 1% Milk Calories 695 kcal Carbs 87 gm Fiber 6 gm Protein 35 gm Fat 15 gm Sodium 764 mg	**7** French Dip Sandwich with Side of au Jus, Pinto Beans, Balsamic Roasted Brussels Sprouts, Cantaloupe, 1% Milk Calories 690 kcal Carbs 92 gm Fiber 14 gm Protein 47 gm Fat 16 gm Sodium 840 mg	**8** Beef & Mushroom Meatloaf with Ketchup Glaze, Mashed Potatoes & Beef Gravy, Wheat Roll with Butter, Sautéed Broccoli & Carrots, Orange Slices, 1% Milk Calories 777 kcal Carbs 85 gm Fiber 9 gm Protein 39 gm Fat 22 gm Sodium 1145 mg	**9** Apple Cider Chicken Breast, Couscous & Dried Fruit, Peas & Pearl Onions, Diced Mango, Pumpkin Spice Sugar Cookie, 1% Milk Calories 747 kcal Carbs 81 gm Fiber 8 gm Protein 40 gm Fat 27 gm Sodium 758 mg	**10** Beef & Cabbage Casserole, Garlic Breadstick, Harvard Beets, Diced Honeydew Melon, 1% Milk Calories 705 kcal Carbs 86 gm Fiber 6 gm Protein 31 gm Fat 17 gm Sodium 519 mg
13 Whole Wheat Spaghetti with Beef/Pork/Mushroom Bolognese Sauce & Parmesan Cheese, Steamed Carrots, Fruit Salad, Honey Blueberry Cheesecake Bar, 1% Milk Calories 729 kcal Carbs 82 gm Fiber 11 gm Protein 32 gm Fat 16 gm Sodium 563 mg	**14** Kalua Pulled Pork, Mashed Potatoes & Mushroom Gravy, Marinated Vegetables, Low-Fat Cottage Cheese, Pineapple, 1% Milk Calories 686 kcal Carbs 60 gm Fiber 5 gm Protein 39 gm Fat 32 gm Sodium 1117 mg	**15** Grilled Chicken Thigh with Gravy, Roasted Sweet Potatoes, Pea/Mushroom/Bacon Sauté, Fresh Fruit Mix, Apricot Bar with Walnuts*, 1% Milk Calories 680 kcal Carbs 71 gm Fiber 10 gm Protein 39 gm Fat 25 gm Sodium 767 mg	**16** Beef Tamale Pie, Refried Beans, Creamy Cilantro Coleslaw, Blueberries, Gelatin Parfait*, 1% Milk Calories 683 kcal Carbs 84 gm Fiber 15 gm Protein 33 gm Fat 23 gm Sodium 1173 mg	**17** Chicken Fried Steak & Mashed Potatoes with Country Gravy, Spinach & Mushroom Salad with Balsamic Vinegar Dressing, Strawberry Fruit Salad, 1% Milk Calories 702 kcal Carbs 70 gm Fiber 7 gm Protein 31 gm Fat 31 gm Sodium 1308 mg
20 Kansas City BBQ Beef Sandwich, BLT Side Salad, Orange Slices, Lemon Bar, 1% Milk Calories 726 kcal Carbs 80 gm Fiber 7 gm Protein 38 gm Fat 27 gm Sodium 1300 mg	**21** Chicken Alfredo over Whole Wheat Penne, California Blend Vegetables, Fruit Salad, Strawberry Basil Cheesecake Bar, 1% Milk Calories 710 kcal Carbs 81 gm Fiber 10 gm Protein 41 gm Fat 25 gm Sodium 784 mg	**22** Turkey Club on Wheat with Tomato, Bacon & Sundried Tomato Mayo, Vegetable Olive Salad, Mixed Fruit, Peanut Butter Cookie*, 1% Milk Calories 709 kcal Carbs 76 gm Fiber 7 gm Protein 39 gm Fat 28 gm Sodium 1175 mg	**23** Chicken Caesar Entrée Salad with Tomatoes, Cucumbers, Parmesan Cheese & Croutons, Baked Sweet Potato Half with Butter & Sour Cream, Anjou Pear, Carrot Cake, 1% Milk Calories 743 kcal Carbs 87 gm Fiber 11 gm Protein 35 gm Fat 28 gm Sodium 820 mg	**24** Smoked Ham & Potato Frittata with Salsa, Roasted Mushroom Vegetable Blend, Greek Yogurt Parfait with Strawberries & Blueberries, Morning Glory Muffin with Butter*, 1% Milk Calories 726 kcal Carbs 75 gm Fiber 7 gm Protein 37 gm Fat 30 gm Sodium 836 mg
27 	**28** Hamburger on Whole Grain Bun with Tomato, Onion, Pickles & Side of Mustard/Mayo/Ketchup, Pickled Beets, Tomato & Avocado Salad, Half Banana, 1% Milk Calories 698 kcal Carbs 79 gm Fiber 9 gm Protein 34 gm Fat 28 gm Sodium 1040 mg	**29** Beef Lasagna, Herbed Breadstick, Brussels Sprouts with Side of Malt Vinegar, Strawberry Fruit Salad, 1% Milk Calories 677 kcal Carbs 60 gm Fiber 7 gm Protein 43 gm Fat 28 gm Sodium 862 mg	**30** Roasted Tilapia with Lemon Butter Sauce, Orzo Pasta with Herbs, Sautéed Broccoli, Apple, 1% Milk Calories 694 kcal Carbs 76 gm Fiber 10 gm Protein 39 gm Fat 26 gm Sodium 644 mg	**31** Sweet & Sour Pork with Rice & Vegetables, Side of Soy Sauce, Edamame, Orange Slices, 1% Milk Calories 825 kcal Carbs 90 gm Fiber 9 gm Protein 41 gm Fat 32 gm Sodium 480 mg

The nutritional content of the meals is reviewed by Jessi Like, RD (970-400-6118, jlike@weld.gov). Detailed nutritional values, allergen information, nutrition education, and nutrition counseling can also be provided upon request.

Weld County Area Agency on Aging
• Friendly Fork (Senior Nutrition) •

Friendly Fork Meal Schedule

Monday			
Birchwood	11:30am	2830 W. 27th St Lane	970-400-6955
Fort Lupton	12:00pm	203 S. Harrison Ave	303-857-4200 x 6166
Greeley Manor	11:30am	1000 13th St	970-400-6955
Greeley Active Adult Center	11:30am	1010 6th St	970-350-9440
Greeley Senior Housing	11:45am	1717 30th 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. 11th St	970-674-3500
Tuesday			
Broadview	11:30am	2915 W. 8th St.	970-400-6955
Carbon Valley	12:00pm	151 Grant Ave	303-833-3660 x123
Evans	11:00am	1100 37th St	970-475-1132
Kersey	11:30am	215 2nd 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. 11th St	970-674-3500
Wednesday			
Birchwood	11:30am	2830 W. 27th St Lane	970-400-6955
Eaton	12:00pm	1675 3rd St	970-454-1070
Greeley Manor	11:30am	1000 13th St	970-400-6955
Greeley Active Adult Center	11:30am	1010 6th St	970-350-9440
Hill 'N Park	11:30am	4205 Yosemite Drive	970-400-6955
Johnstown	11:45am	101 W. Charlotte	970-587-5251
Rodarte	11:00am	920 A St	970-400-6955
Windsor	11:15am	250 N. 11th St	970-674-3500
Thursday			
Broadview	11:30am	2915 W. 8th St.	970-400-6955
Carbon Valley	12:00pm	151 Grant Ave	303-833-3660 x123
Erie	12:15pm	450 Powers St	303-926-2795
Greeley Senior Housing	11:45am	1717 30th St	970-400-6955
Kersey	11:30am	215 2nd St	970-353-1681 ext 2
Mead	11:45am	109 3rd St	970-400-6955
Nunn	11:45am	775 3rd St	970-897-2459
Pierce	11:30am	221 Main Ave	970-834-2655
Windsor	11:15am	250 N. 11th St	970-674-3500
Friday			
Birchwood	11:30am	2830 W. 27th St Lane	970-400-6955
Evans	11:00am	1100 37th St	970-475-1132
Greeley Manor	11:30am	1000 13th 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. 11th St	970-674-3500

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