




# Friendly Fork Menu - May 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	
						Spinach & Mushroom Frittata, Side of Ham, Tomato Bisque, Breadstick, Apple		Krautburger with Side of Mustard, Vegetable Olive Salad, Strawberries & Blueberries	
								Calories 788 kcal	
								Carbs 72 gm	
								Fiber 9 gm	
								Protein 40 gm	
								Fat 34 gm	
								Sodium 1074 mg	
5		6		7		8		9	
Beef Taco on Wheat Tortilla with Lettuce, Cheese, Salsa & Guacamole, Aztec Corn, Creamy Cilantro Coleslaw, Pineapple	Calories 844 kcal	Beef Goulash over Egg Noodles, Peas/Mushroom/Bacon Sauté, Diced Cantaloupe, Apricot Walnut Bar*	Calories 739 kcal	Chicken Caesar Wrap, Deviled Egg Salad with Crackers, Pickled Beets, Orange Slices	Calories 768 kcal	Roasted Chicken Breast with Gravy, Au Gratin Potatoes, Balsamic Brussels Sprouts, Banana	Calories 724 kcal	Austrian-Style Pork over Mashed Potatoes, Asparagus, Apricots, Apple Crisp	Calories 779 kcal
	Carbs 79 gm		Carbs 88 gm		Carbs 74 gm		Carbs 71 gm		Carbs 71 gm
	Fiber 13 gm		Fiber 9 gm		Fiber 6 gm		Fiber 9 gm		Fiber 7 gm
	Protein 40 gm		Protein 34 gm		Protein 37 gm		Protein 48 gm		Protein 35 gm
	Fat 32 gm		Fat 29 gm		Fat 36 gm		Fat 29 gm		Fat 41 gm
	Sodium 1086 mg		Sodium 497 mg		Sodium 1170 mg		Sodium 504 mg		Sodium 403 mg
12		13		14		15		16	
Italian Pork Loin with Marinara, Wheat Roll with Butter, Sautéed Cabbage, Applesauce	Calories 691 kcal	Tuna Salad Sandwich on Wheat with Lettuce & Tomato, Spinach & Mandarin Orange Salad* with Italian Dressing, Apple	Calories 664 kcal	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Farmer's Market Vegetables, Diced Pears	Calories 674 kcal	Beef & Pork Spaghetti Bolognese with Parmesan Cheese, Sautéed Squash, Fruit Salad, Strawberry Basil Cheesecake Bar	Calories 890 kcal	Italian Braised Chicken, Lentil Pilaf, Marinated Eggplant Vegetable Blend, Orange Slices	Calories 712 kcal
	Carbs 58 gm		Carbs 83 gm		Carbs 90 gm		Carbs 86 gm		Carbs 73 gm
	Fiber 7 gm		Fiber 8 gm		Fiber 6 gm		Fiber 10 gm		Fiber 11 gm
	Protein 44 gm		Protein 35 gm		Protein 33 gm		Protein 33 gm		Protein 38 gm
	Fat 31 gm		Fat 25 gm		Fat 20 gm		Fat 23 gm		Fat 32 gm
	Sodium 972 mg		Sodium 1214 mg		Sodium 1300 mg		Sodium 881 mg		Sodium 700 mg
19		20		21		22		23	
Hamburger on Wheat Bun with Lettuce, Tomato, Onion, Pickles, Ketchup, Mustard & Mayo, Creamed Spinach, Banana	Calories 748 kcal	Chipotle Pork with Honey BBQ Sauce, Broccoli & Cheese Stuffed Potato, Steamed Carrots, Cinnamon Applesauce	Calories 811 kcal	Tilapia with Red Pepper Sauce, Orzo & Rice Pilaf with Almonds*, Spinach & Mushroom Salad with Balsamic Vinaigrette, Apricots	Calories 728 kcal	Roasted Turkey & Sage Stuffing with Gravy, Zucchini / Mushroom/ Pepper Blend, Pear	Calories 671 kcal	Chicken & Spinach Casserole with Penne Pasta, Caesar Side Salad, Carrot Sticks with Spinach Artichoke Dip, Pineapple	Calories 703 kcal
	Carbs 81 gm		Carbs 83 gm		Carbs 76 gm		Carbs 69 gm		Carbs 73 gm
	Fiber 12 gm		Fiber 10 gm		Fiber 6 gm		Fiber 8 gm		Fiber 12 gm
	Protein 41 gm		Protein 34 gm		Protein 43 gm		Protein 34 gm		Protein 42 gm
	Fat 31 gm		Fat 39 gm		Fat 28 gm		Fat 30 gm		Fat 29 gm
	Sodium 1106 mg		Sodium 894 mg		Sodium 972 mg		Sodium 1008 mg		Sodium 772 mg
26		27		28		29		30	
		Honey Ginger Chicken Thigh, Vegetable Fried Rice, Side of Soy Sauce, Edamame & Corn Salad, Diced Mango	Calories 710 kcal	Kansas City BBQ Beef, Baked Beans, Broccoli/Olive/Sundried Tomato Salad, Diced Honeydew, Chocolate Peanut Butter Cookie*	Calories 743 kcal	Pork Loin with Gravy, Half Sweet Potato with Butter, Italian Vegetable Blend, Sliced Peaches, Blueberry Coffee Cake	Calories 719 kcal	Roast Beef & Mashed Potatoes with Gravy, Green Beans with Bacon, Pear	Calories 709 kcal
			Carbs 60 gm		Carbs 87 gm		Carbs 73 gm		Carbs 72 gm
			Fiber 7 gm		Fiber 11 gm		Fiber 7 gm		Fiber 10 gm
			Protein 36 gm		Protein 36 gm		Protein 40 gm		Protein 46 gm
			Fat 29 gm		Fat 31 gm		Fat 30 gm		Fat 27 gm
			Sodium 738 mg		Sodium 1046 mg		Sodium 716 mg		Sodium 1042 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