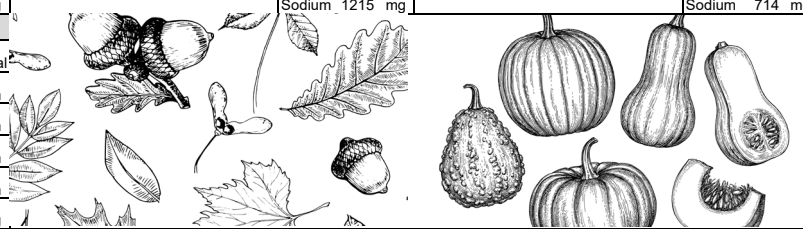


Friendly Fork Menu - October 2023

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

Monday 2		Tuesday 3		Wednesday 4		Thursday 5		Friday 6		
Kansas City BBQ Beef Sandwich, Pea/Mushroom/Bacon/Onion Sauté, Fresh Fruit Mix, Pineapple Upside Down Cake, 1% Milk	Calories 706 kcal	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Garlic Roasted Green Beans, Orange Slices, 1% Milk	Calories 794 kcal	Honey Ginger Chicken over Jasmine Rice, Asian Vegetable Blend, Side of Soy Sauce, Banana, Almond Cookie*, 1% Milk	Calories 755 kcal	Pork Loin with Gravy, Mashed Potatoes & Gravy, Wheat Roll with Butter, Green Bean Almondine*, Mixed Fresh Fruit, 1% Milk	Calories 828 kcal	Egg Salad Sandwich with Lettuce & Tomato, Chicken Noodle Soup with Crackers, Broccoli, Apple Slices, 1% Milk	Calories 691 kcal	
	Carbs 104 gm		Carbs 74 gm		Carbs 103 gm		Carbs 81 gm		Carbs 88 gm	
	Fiber 11 gm		Fiber 11 gm		Fiber 8 gm		Fiber 10 gm		Fiber 11 gm	
	Protein 42 gm		Protein 32 gm		Protein 36 gm		Protein 44 gm		Protein 32 gm	
	Fat 12 gm		Fat 35 gm		Fat 15 gm		Fat 30 gm		Fat 23 gm	
	Sodium 1175 mg		Sodium 873 mg		Sodium 764 mg		Sodium 886 mg		Sodium 1067 mg	
9		10		11		12		13		
Chicken Breast with Gravy, Baked Potato with Side of Butter & Sour Cream, Pickled Beets, Orange Slices, Chocolate Chia Pudding, 1% Milk	Calories 709 kcal	Turkey Scaloppine over Whole Wheat Noodles, Turnip Vegetable Medley, Fresh Fruit, Rice Krispy Treat, 1% Milk	Calories 734 kcal	Krautburger, Potato Salad, Side Salad with Oil & Vinegar, Pineapple, 1% Milk	Calories 1012 kcal	Tuna Salad Sandwich with Lettuce & Tomato, Asparagus with Parmesan, Banana, Oatmeal Raisin Cookie*, 1% Milk	Calories 824 kcal	Hamburger Macaroni Casserole, Wheat Roll with Butter, Broccoli/Olive/Sundried Tomato Salad, Fresh Fruit Mix, 1% Milk	Calories 699 kcal	
	Carbs 88 gm		Carbs 116 gm		Carbs 106 gm		Carbs 98 gm		Carbs 84 gm	
	Fiber 10 gm		Fiber 13 gm		Fiber 11 gm		Fiber 11 gm		Fiber 10 gm	
	Protein 43 gm		Protein 35 gm		Protein 47 gm		Protein 36 gm		Protein 30 gm	
	Fat 16 gm		Fat 16 gm		Fat 44 gm		Fat 29 gm		Fat 23 gm	
	Sodium 786 mg		Sodium 1012 mg		Sodium 1028 mg		Sodium 1139 mg		Sodium 876 mg	
16		17		18		19		20		
Pork Loin with Mushroom Gravy, Broccoli & Cheese Stuffed Potato, Cinnamon Applesauce, Mixed Nuts*, 1% Milk	Calories 961 kcal	Hamburger on Whole Wheat Bun with Lettuce, Tomato, Pickles, Side of Mustard, Mayo & Ketchup, Mixed Vegetables, Mixed Fruit, Chocolate Chip Cookie, 1% Milk	Calories 796 kcal	Chicken Parmesan over Whole Wheat Pasta with Marinara, Caesar Salad, Watermelon, Tapioca Pudding*, 1% Milk	Calories 714 kcal	Roast Beef with Mashed Potatoes & Gravy, Side Salad with Blue Cheese Dressing, Orange Slices, Chocolate Brownie, 1% Milk	Calories 897 kcal	Sloppy Joe, Brussels Sprouts with Side of Malt Vinegar, Roasted Sweet Potatoes with Side of Ketchup, Grapes, 1% Milk	Calories 729 kcal	
	Carbs 78 gm		Carbs 94 gm		Carbs 96 gm		Carbs 99 gm		Carbs 90 gm	
	Fiber 12 gm		Fiber 11 gm		Fiber 11 gm		Fiber 10 gm		Fiber 10 gm	
	Protein 48 gm		Protein 36 gm		Protein 41 gm		Protein 42 gm		Protein 32 gm	
	Fat 53 gm		Fat 31 gm		Fat 18 gm		Fat 35 gm		Fat 26 gm	
	Sodium 664 mg		Sodium 1189 mg		Sodium 955 mg		Sodium 1027 mg		Sodium 654 mg	
23		24		25		26		27		
Chicken Alfredo with Whole Wheat Penne, Mixed Greens Salad with Italian Dressing, Orange Slices, 1% Milk	Calories 770 kcal	Beef & Mushroom Meatloaf with Ketchup Glaze, Garlic Mashed Potatoes & Gravy, Wheat Roll with Butter, Steamed Peas, Pineapple, 1% Milk	Calories 784 kcal	BBQ Pulled Pork Sandwich, Baked Beans, Marinated Cucumber Salad, Mixed Fresh Fruit, 1% Milk	Calories 722 kcal	Beef Lasagna, Breadstick, Roasted Brussels Sprouts, Diced Pears, Chia Pudding, 1% Milk	Calories 767 kcal	Chicken Fajitas with Peppers, Onions & Side of Salsa & Sour Cream, Refried Beans, Cinnamon Applesauce, Molasses Cookie, 1% Milk	Calories 875 kcal	
	Carbs 83 gm		Carbs 92 gm		Carbs 98 gm		Carbs 83 gm		Carbs 107 gm	
	Fiber 10 gm		Fiber 11 gm		Fiber 16 gm		Fiber 13 gm		Fiber 18 gm	
	Protein 56 gm		Protein 43 gm		Protein 41 gm		Protein 36 gm		Protein 42 gm	
	Fat 21 gm		Fat 20 gm		Fat 20 gm		Fat 26 gm		Fat 25 gm	
	Sodium 986 mg		Sodium 1111 mg		Sodium 1215 mg		Sodium 714 mg		Sodium 1025 mg	
30		31				<p>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.</p>				
Fried Chicken Patty Sandwich with Lettuce, Tomato, Pickles & Side of Mayo, Lemon & White Bean Salad, Mixed Fresh Fruit, Apple Crisp, 1% Milk	Calories 873 kcal	Austrian-Style Pork over Mashed Potatoes, Pea/Mushroom/Bacon/Onion Sauté, Wheat Roll with Butter, Fresh Fruit, 1% Milk	Calories 905 kcal							Calories 722 kcal
	Carbs 102 gm		Carbs 86 gm							Carbs 98 gm
	Fiber 14 gm		Fiber 10 gm							Fiber 16 gm
	Protein 34 gm		Protein 40 gm							Protein 41 gm
	Fat 36 gm		Fat 39 gm							Fat 20 gm
	Sodium 863 mg		Sodium 635 mg	Sodium 1215 mg						



Friendly Fork Meal Schedule

Monday

Birchwood	2830 W. 27 th St Lane	970-400-6955
Fort Lupton	203 S. Harrison Ave	303-857-4200 x 6166
Greeley Manor	1000 13 th St	970-400-6955
Greeley Active Adult Center	1010 6 th St	970-350-9440
Greeley Senior Housing	1717 30 th St	970-400-6955
Milliken	1101 Broad St	970-660-5040
Platteville	508 Reynolds	970-785-2245
Windsor	250 N. 11 th St	970-674-3500

Tuesday

Broadview	2915 W. 8 th St.	970-400-6955
Carbon Valley	701 5 th St	303-833-2739
Evans	1100 37 th St	970-475-1132
Kersey	215 2 nd St	970-353-1681 ext 2
LaSalle	101 Todd Ave	970-284-0900
Lochbuie	501 Willow Drive	303-659-8262
Wattenberg	1958 Grace Ave (Fort Lupton)	970-400-6955
Windsor	250 N. 11 th St	970-674-3500

Wednesday

Birchwood	2830 W. 27 th St Lane	970-400-6955
Eaton	1675 3 rd St	970-454-1070
Greeley Manor	1000 13 th St	970-400-6955
Greeley Active Adult Center	1010 6 th St	970-350-9440
Hill 'N Park	4205 Yosemite Drive	970-400-6955
Johnstown	101 W. Charlotte	970-587-5251
Rodarte	920 A St	970-400-6955
Windsor	250 N. 11 th St	970-674-3500

Thursday

Broadview	2915 W. 8 th St.	970-400-6955
Carbon Valley	701 5 th St	303-833-2739
Erie	450 Powers St	303-926-2795
Greeley Senior Housing	1717 30 th St	970-400-6955
Kersey	215 2 nd St	970-353-1681 ext 2
Mead	109 3rd St	970-400-6955
Nunn	775 3 rd St	970-897-2459
Pierce	221 Main Ave	970-834-2655
Windsor	250 N. 11 th St	970-674-3500

Friday

Birchwood	2830 W. 27 th St Lane	970-400-6955
Evans	1100 37 th St	970-475-1132
Greeley Manor	1000 13 th St	970-400-6955
Milliken	1101 Broad St	970-660-5040
Platteville	508 Reynolds	970-785-2245
Windsor	250 N. 11 th St	970-674-3500