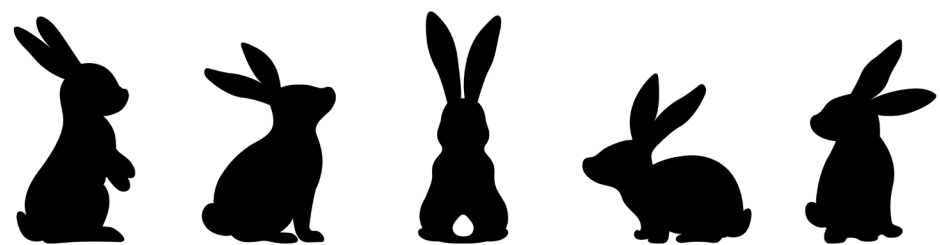


Friendly Fork Menu - April 2025

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

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. All meals include 2% milk.		1		2		3		4	
		Chicken Salad Sandwich on Wheat with Lettuce & Tomato, Coleslaw, Pineapple, Gelatin Parfait	Calories 773 kcal	Meatballs over Mashed Potatoes with Gravy, Balsamic Roasted Brussels Sprouts, Mandarin Oranges, Apricot Walnut Bar*	Calories 733 kcal	Beef Lasagna, Wheat Roll with Butter, Garlic Broccoli, Honeydew	Calories 709 kcal	Chicken Fajita on Wheat Tortilla with Pico de Gallo & Sour Cream, Refried Beans, Peppers & Onions, Diced Mango	Calories 739 kcal
			Carbs 77 gm		Carbs 80 gm		Carbs 70 gm		Carbs 79 gm
			Fiber 6 gm		Fiber 8 gm		Fiber 11 gm		Fiber 14 gm
			Protein 42 gm		Protein 35 gm		Protein 39 gm		Protein 39 gm
			Fat 34 gm		Fat 31 gm		Fat 31 gm		Fat 26 gm
			Sodium 1213 mg		Sodium 636 mg		Sodium 1302 mg		Sodium 736 mg
7		8		9		10		11	
Beef & Bean Chili with Crackers, Corn Muffin with Butter, Carrot Sticks with Spinach & Artichoke Dip, Fruit Salad	Calories 718 kcal	Chicken Thigh with Gravy, Scalloped Potatoes, Broccoli/Olive/Sundried Tomato Salad, Cinnamon Applesauce	Calories 706 kcal	Pork Loin with Parmesan Sage Cream Sauce, Sage Stuffing, Green Beans, Apricots	Calories 676 kcal	BLT Entrée Salad with Chicken, Cream of Potato Soup with Crackers, Banana, Apple Crisp	Calories 700 kcal	Cheeseburger on Wheat Bun with Lettuce, Tomato, Onion, Ketchup, Mustard & Mayo, Mixed Vegetables, Apple	Calories 768 kcal
	Carbs 84 gm		Carbs 74 gm		Carbs 59 gm		Carbs 77 gm		Carbs 79 gm
	Fiber 9 gm		Fiber 8 gm		Fiber 7 gm		Fiber 6 gm		Fiber 13 gm
	Protein 36 gm		Protein 38 gm		Protein 42 gm		Protein 34 gm		Protein 40 gm
	Fat 27 gm		Fat 29 gm		Fat 31 gm		Fat 31 gm		Fat 33 gm
	Sodium 885 mg		Sodium 997 mg		Sodium 598 mg		Sodium 661 mg		Sodium 1144 mg
14		15		16		17		18	
Salisbury Steak & Mashed Potatoes with Gravy, Peas/Mushrooms/Bacon Sauté, Pineapple, Lemon Sugar Cookie	Calories 773 kcal	Beef Pot Pie, Corn, Steamed Zucchini, Diced Pears	Calories 680 kcal	Cranberry Harvest Chicken Breast with Gravy, Mediterranean Pasta Salad, Festive Cabbage, Orange Slices	Calories 761 kcal	Pulled Pork Sandwich on Wheat Bun with Carolina Slaw, BBQ Baked Beans, Cauliflower, Cantaloupe	Calories 665 kcal	Tilapia with Lemon Butter Sauce, Smashed Sweet Potatoes, Side Salad with Caesar Dressing, Peaches, Blueberry Coffee Cake	Calories 674 kcal
	Carbs 87 gm		Carbs 69 gm		Carbs 63 gm		Carbs 90 gm		Carbs 68 gm
	Fiber 8 gm		Fiber 8 gm		Fiber 7 gm		Fiber 18 gm		Fiber 6 gm
	Protein 38 gm		Protein 38 gm		Protein 42 gm		Protein 42 gm		Protein 36 gm
	Fat 31 gm		Fat 29 gm		Fat 27 gm		Fat 19 gm		Fat 30 gm
	Sodium 848 mg		Sodium 424 mg		Sodium 812 mg		Sodium 1172 mg		Sodium 841 mg
21		22		23		24		25	
Chicken & Dumplings, Lima Beans with Bacon, Vegetable/Olive Salad, Apple	Calories 669 kcal	Pork Spare Ribs, Macaroni Salad, Vegetable Medley, Banana	Calories 806 kcal	Roasted Turkey Breast with Gravy, Brown Rice Pilaf, Harvard Beets, Creamed Spinach, Honeydew	Calories 683 kcal	Beef Enchilada Casserole, Pinto Beans, Capri Mixed Vegetables, Mango	Calories 741 kcal	Chicken & Andouille Sausage Gumbo, Orzo & Rice Pilaf* with Almonds, Asparagus, Orange Slices	Calories 767 kcal
	Carbs 74 gm		Carbs 78 gm		Carbs 79 gm		Carbs 81 gm		Carbs 71 gm
	Fiber 9 gm		Fiber 7 gm		Fiber 7 gm		Fiber 14 gm		Fiber 6 gm
	Protein 37 gm		Protein 44 gm		Protein 38 gm		Protein 38 gm		Protein 38 gm
	Fat 26 gm		Fat 36 gm		Fat 25 gm		Fat 32 gm		Fat 37 gm
	Sodium 1122 mg		Sodium 803 mg		Sodium 1077 mg		Sodium 659 mg		Sodium 1159 mg
28		29		30					
Pork Sweet & Sour Stir Fry with Rice, Side of Low-Sodium Soy Sauce, Edamame, Apricots	Calories 820 kcal	Chicken Alfredo over Wheat Penne Pasta, Farmer's Market Vegetable Medley, Fruit Salad	Calories 706 kcal	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Maple Glazed Carrots, Cinnamon Applesauce	Calories 720 kcal				
	Carbs 87 gm		Carbs 78 gm		Carbs 77 gm				
	Fiber 8 gm		Fiber 9 gm		Fiber 7 gm				
	Protein 40 gm		Protein 41 gm		Protein 35 gm				
	Fat 36 gm		Fat 29 gm		Fat 29 gm				
	Sodium 494 mg		Sodium 710 mg		Sodium 1096 mg				



Friendly Fork Meal Schedule

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