

Friendly Fork Evening Meals · June 2025

Platteville Senior Center · 508 Reynolds Ave, Platteville

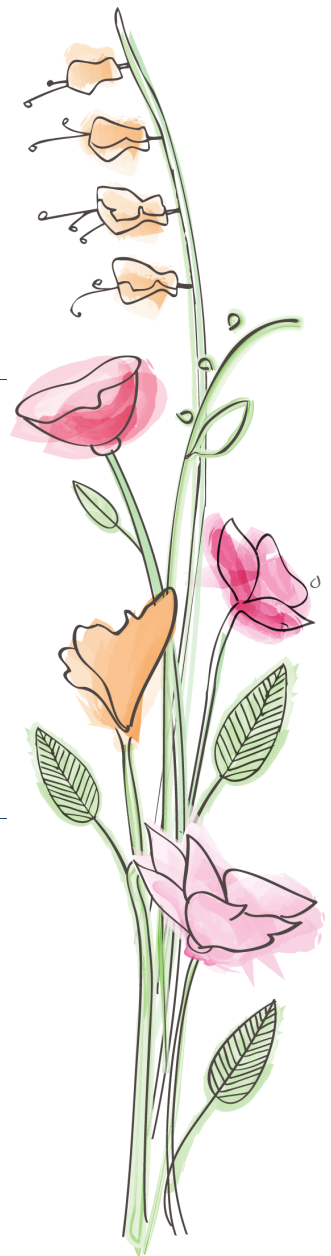
June 3 to August 12 · Tuesdays at 5:30 pm

June 3	708 calories
Kansas City BBQ Beef	82 g carbohydrate
Macaroni & Cheese	7 g fiber
Broccoli Slaw	33 g protein
Apple	27 g fat
2% Milk	1096 mg sodium

June 10	782 calories
Cranberry Harvest Chicken with Gravy	72 g carbohydrate
Mediterranean Pasta Salad	8 g fiber
California Blend Vegetables	42 g protein
Banana	25 g fat
2% Milk	596 mg sodium

June 17	709 calories
Kalua Pork	68 g carbohydrate
Hawaiian Roll with Butter	13 g fiber
BBQ Baked Beans	37 g protein
Asparagus with Parmesan Cheese	37 g fat
Fresh Pineapple	668 mg sodium
2% Milk	

June 24	681 calories
Chicken Fried Steak & Mashed Potatoes with Country Gravy	85 g carbohydrate
Green Beans	6 g fiber
Fresh Fruit Salad	33 g protein
2% Milk	24 g fat
	1296 mg sodium



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Reservations must be made to attend

Call 720-815-8136

to make a meal reservation

\$5 suggested donation

Fee of \$14 for non-eligible guests

If you have questions, please call the
Weld County Area Agency on Aging at
970-400-6132

