



# Friendly Fork Menu - August 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><br>Please call the designated meal site or the Nutrition Hotline ( <b>970-400-6955</b> ) by <b>11 a.m.</b> the business day <b>prior</b> to the meal.<br><b>All meals include 2% milk.</b> |          |          |   |           |          |   |          | 1  |  |          |          |   |          |          |
|  |          |          |   |           |          |   |          | Chicken Fried Steak & Mashed Potatoes with Gravy, Roasted Brussels Sprouts, Diced Cantaloupe |  | Calories | 674 kcal |   |          |          |
|  |          |          |   |           |          |   |          |  |  | Carbs    | 86 gm    |   |          |          |
|  |          |          |   |           |          |   |          |  |  | Fiber    | 8 gm     |   |          |          |
|  |          |          |   |           |          |   |          |  |  | Protein  | 36 gm    |   |          |          |
|  |          |          |   |           |          |   |          |  |  | Fat      | 22 gm    |   |          |          |
|  |          |          |   |           |          |   |          |  |  |          |          |   |          |          |
|  |          |          |   |           |          |   |          |  |  |          |          |   |          |          |
| 4  |          | 5        |   | 6         |          | 7   |          | 8  |  |          |          |   |          |          |
| Chicken Alfredo over Penne Pasta, Breadstick, Farmer's Market Vegetable Medley, Diced Honeydew   | Calories | 741 kcal | Krautburger with Side of Mustard, Cucumber Salad, Fresh Strawberries  | Calories  | 783 kcal | Shepherd's Pie, Wheat Roll with Butter, Side Salad with Low-Fat Ranch Dressing, Pear                          | Calories | 704 kcal   | Pork Loin with Red Pepper Sauce, Roasted Red Potatoes, Three Bean Salad, Fresh Pineapple, Gelatin              | Calories | 699 kcal | Roasted Turkey Breast with Gravy, Baked Sweet Potato with Butter, BLT Side Salad, Grapes                              | Calories | 698 kcal |
|  | Carbs    | 80 gm    |   | Carbs     | 83 gm    |   | Carbs    | 79 gm  |  | Carbs    | 60 gm    |   | Carbs    | 78 gm    |
|  | Fiber    | 8 gm     |   | Fiber     | 9 gm     |   | Fiber    | 10 gm  |  | Fiber    | 8 gm     |   | Fiber    | 9 gm     |
|  | Protein  | 42 gm    |   | Protein   | 45 gm    |   | Protein  | 36 gm  |  | Protein  | 43 gm    |   | Protein  | 35 gm    |
|  | Fat      | 31 gm    |   | Fat       | 31 gm    |   | Fat      | 28 gm  |  | Fat      | 32 gm    |   | Fat      | 29 gm    |
|  | Sodium   | 832 mg   |   | Sodium    | 534 mg   |   | Sodium   | 722 mg   |  | Sodium   | 531 mg   |   | Sodium   | 1158 mg  |
| 11   |          | 12       |   | 13        |          | 14  |          | 15   |  |          |          |   |          |          |
| Hamburger on Wheat Bun with Lettuce, Onion, Tomato, Pickles, Ketchup, Mayo & Mustard, Broccoli Slaw, Orange Slices   | Calories | 767 kcal | Pork Pozole with a Corn Tortilla, Refried Beans, Cucumber Sticks with Red Pepper Hummus, Watermelon               | Calories  | 697 kcal | Salmon with Lemon Basil Tartar Sauce, Orzo, Italian Vegetable Blend, Fresh Pineapple                          | Calories | 702 kcal   | Chicken Caesar Wrap, Chicken Tortilla Soup, Coleslaw, Fresh Peach  | Calories | 731 kcal | Pork Schnitzel & Mashed Potatoes with Mushroom Gravy, Braised Red Cabbage, Cinnamon Applesauce                        | Calories | 850 kcal |
|  | Carbs    | 67 gm    |   | Carbs     | 81 gm    |   | Carbs    | 69 gm  |  | Carbs    | 83 gm    |   | Carbs    | 84 gm    |
|  | Fiber    | 10 gm    |   | Fiber     | 15 gm    |   | Fiber    | 5 gm   |  | Fiber    | 10 gm    |   | Fiber    | 7 gm     |
|  | Protein  | 37 gm    |   | Protein   | 33 gm    |   | Protein  | 39 gm  |  | Protein  | 38 gm    |   | Protein  | 44 gm    |
|  | Fat      | 39 gm    |   | Fat       | 27 gm    |   | Fat      | 31 gm  |  | Fat      | 29 gm    |   | Fat      | 37 gm    |
|  | Sodium   | 1065 mg  |   | Sodium    | 1115 mg  |   | Sodium   | 487 mg   |  | Sodium   | 1096 mg  |   | Sodium   | 1072 mg  |
| 18   |          | 19       |   | 20        |          | 21  |          | 22   |  |          |          |   |          |          |
| BBQ Pulled Pork Sandwich, Baked Beans, Avocado Tomato Salad, Watermelon  | Calories | 683 kcal | Meatloaf, Mashed Potatoes & Gravy, Sauteed Broccoli & Carrots, Pear   | Calories  | 705 kcal | White Chicken Chili, Chicken Taco with Salsa & Sour Cream, Cilantro Coleslaw, Fresh Peach                     | Calories | 693 kcal   | Chicken Parmesan over Penne with Marinara, Cheesy Breadstick, Kale Caesar Salad, Grapes                        | Calories | 737 kcal | Tuna Salad Sandwich with Lettuce & Tomato, Harvard Beets, Pickled Vegetables, Orange Slices, Blueberry Cheesecake Bar | Calories | 762 kcal |
|  | Carbs    | 89 gm    |   | Carbs     | 77 gm    |   | Carbs    | 71 gm  |  | Carbs    | 78 gm    |   | Carbs    | 89 gm    |
|  | Fiber    | 16 gm    |   | Fiber     | 9 gm     |   | Fiber    | 15 gm  |  | Fiber    | 10 gm    |   | Fiber    | 7 gm     |
|  | Protein  | 41 gm    |   | Protein   | 36 gm    |   | Protein  | 41 gm  |  | Protein  | 46 gm    |   | Protein  | 35 gm    |
|  | Fat      | 22 gm    |   | Fat       | 26 gm    |   | Fat      | 29 gm  |  | Fat      | 25 gm    |   | Fat      | 32 gm    |
|  | Sodium   | 1214 mg  |   | Sodium    | 997 mg   |   | Sodium   | 878 mg   |  | Sodium   | 904 mg   |   | Sodium   | 1186 mg  |
| 25   |          | 26       |   | 27        |          | 28  |          | 29   |  |          |          |   |          |          |
| Beef Lasagna, Garlic Green Beans, Fresh Strawberries, Peach Crisp  | Calories | 687 kcal | Spinach & Orange Salad with Chicken & Italian Dressing, Lentil Soup & Crackers, Cantaloupe, Blueberry Coffee Cake | Calories  | 759 kcal | Sesame Ground Pork over Fried Rice, Soy Sauce, Bok Choy Vegetable Blend, Melons & Blueberries, Almond Cookie* | Calories | 756 kcal   | Beef Tacos with Lettuce, Cheese & Guacamole, Seasoned Black Beans, Honey Lime Coleslaw, Strawberry Fruit Salad | Calories | 811 kcal | Chicken Breast with Gravy, Biscuit with Butter & Honey, Seasoned Cauliflower Rice Blend, Fresh Peach                  | Calories | 720 kcal |
|  | Carbs    | 72 gm    |   | Carbs     | 83 gm    |   | Carbs    | 70 gm  |  | Carbs    | 73 gm    |   | Carbs    | 78 gm    |
|  | Fiber    | 10 gm    |   | Fiber     | 9 gm     |   | Fiber    | 6 gm   |  | Fiber    | 11 gm    |   | Fiber    | 7 gm     |
|  | Protein  | 36 gm    |   | Protein   | 45 gm    |   | Protein  | 35 gm  |  | Protein  | 45 gm    |   | Protein  | 41 gm    |
|  | Fat      | 30 gm    |   | Fat       | 30 gm    |   | Fat      | 39 gm  |  | Fat      | 27 gm    |   | Fat      | 27 gm    |
|  | Sodium   | 1167 mg  |   | Sodium    | 1161 mg  |   | Sodium   | 530 mg   |  | Sodium   | 1216 mg  |   | Sodium   | 1110 mg  |



# Friendly Fork Meal Schedule

|                             |            |                                  |                     |
|-----------------------------|------------|----------------------------------|---------------------|
| Monday                      |            |                                  |                     |
| Birchwood                   | 11:30 a.m. | 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               | 11:30 a.m. | 1000 13 <sup>th</sup> St         | 970-400-6955        |
| Greeley Active Adult Center | 11:30 a.m. | 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                 | 11:30 a.m. | 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                      | 11:30 a.m. | 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                   | 11:30 a.m. | 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               | 11:30 a.m. | 1000 13 <sup>th</sup> St         | 970-400-6955        |
| Greeley Active Adult Center | 11:30 a.m. | 1010 6 <sup>th</sup> St          | 970-350-9440        |
| Hill 'N Park                | 11:30 a.m. | 4205 Yosemite Drive, Greeley     | 970-301-5574        |
| Johnstown                   | 11:30 a.m. | 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                      | 11:30 a.m. | 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                      | 11:30 a.m. | 221 Main Ave                     | 970-834-2655        |
| Windsor                     | 11:15am    | 250 N. 11 <sup>th</sup> St       | 970-674-3500        |
| Friday                      |            |                                  |                     |
| Birchwood                   | 11:30 a.m. | 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               | 11:30 a.m. | 1000 13 <sup>th</sup> St         | 970-400-6955        |
| Milliken                    | 11:00am    | 1101 Broad St                    | 970-660-5040        |
| Platteville                 | 11:30 a.m. | 508 Reynolds                     | 970-785-2245        |
| Windsor                     | 11:15am    | 250 N. 11 <sup>th</sup> St       | 970-674-3500        |