

Friendly Fork Menu - October 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 at 970-400-6955 by 11 am the business day prior to the meal. All meals include 2% milk.				1		2		3	
				Roasted Turkey Breast with Gravy, Vegetable Rice Pilaf, Green Bean Almondine*, Apple/Beet/Walnut Salad*	Cal 769	Austrian-Style Pork over Mashed Potatoes, Peas & Carrots, Pears	Cal 763	Beef Tacos on Wheat Tortillas with Lettuce, Cheese, Pico de Gallo & Guacamole, Black Beans, Cilantro Lime Coleslaw, Pineapple	Cal 787
					Carb 67 g		Carb 66 g		Carb 79 g
					Fiber 8 g		Fiber 9 g		Fiber 12 g
					Pro 37 g		Pro 34 g		Pro 43 g
					Fat 32 g		Fat 41 g		Fat 23 g
Sod 867 mg	Sod 462 mg	Sod 1181 mg							
6		7		8		9		10	
Pork Loin with Roasted Red Pepper Sauce, Orzo, Balsamic Brussels Sprouts, Apple Slices	Cal 861	Cream of Chicken & Wild Rice Soup, Turkey & Cheese Sandwich with Mayo, Capri Vegetables, Cantaloupe	Cal 713	Krautburger with Side of Mustard, Italian Vegetable Blend, Strawberries & Blueberries	Cal 753	Chicken Salad on Sunflower Panini Bread* with Tomato, Potato Salad, Cucumber Sticks with Spinach Artichoke Dip, Peaches	Cal 765	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Wheat Roll with Butter, Broccoli & Carrots, Orange Slices	Cal 874
	Carb 87 g		Carb 79 g		Carb 89 g		Carb 75 g		Carb 87 g
	Fiber 11 g		Fiber 6 g		Fiber 11 g		Fiber 6 g		Fiber 9 g
	Pro 50 g		Pro 43 g		Pro 46 g		Pro 45 g		Pro 40 g
	Fat 37 g		Fat 25 g		Fat 24 g		Fat 32 g		Fat 34 g
Sod 535 mg	Sod 1145 mg	Sod 504 mg	Sod 1207 mg	Sod 1085 mg					
13		14		15		16		17	
Greek Lemon Chicken Thigh with Gravy, Roasted Red Potatoes, Mediterranean Pasta Salad, Apricots, 1% Milk	Cal 783	Cheeseburger on Wheat with Lettuce, Tomato, Onion, Pickles, Ketchup, Mustard & Mayo, Steamed Carrots, Kiwi	Cal 709	Pork Green Chile Stew, Chicken Taco with Pico de Gallo, Garlic Green Beans, Banana	Cal 706	Beef Shepherd's Pie, Wheat Roll with Butter, Lemon Garlic Broccoli, Pear	Cal 678	Roasted Pork Loin with Gravy, Quinoa/Kale/Almond Sauté*, Apple Slices, Blueberry Coffee Cake	Cal 755
	Carb 75 g		Carb 64 g		Carb 80 g		Carb 79 g		Carb 77 g
	Fiber 6 g		Fiber 10 g		Fiber 11 g		Fiber 12 g		Fiber 7 g
	Pro 43 g		Pro 39 g		Pro 43 g		Pro 35 g		Pro 41 g
	Fat 35 g		Fat 33 g		Fat 26 g		Fat 22 g		Fat 33 g
Sod 788 mg	Sod 1092 mg	Sod 1157 mg	Sod 718 mg	Sod 793 mg					
20		21		22		23		24	
Beef & Broccoli Stir Fry over Jasmine Rice, Pork Egg Roll with Side of Light Soy Sauce, Pineapple	Cal 671	Chipotle Pork with BBQ Sauce, Refried Beans, Steamed Cabbage, Fruit Salad, Apple Cranberry Crisp	Cal 818	Chicken Fried Steak with Mashed Potatoes & Country Gravy, Spinach & Orange Salad* with Oil & Vinegar, Cantaloupe	Cal 804	Chicken & Andouille Sausage Gumbo, Brown Rice Pilaf, Asparagus, Orange Slices	Cal 692	Tuna Salad on Wheat with Lettuce & Tomato, Mediterranean Lentil Soup, Honeydew Melon	Cal 792
	Carb 85 g		Carb 85 g		Carb 84 g		Carb 77 g		Carb 74 g
	Fiber 6 g		Fiber 14 g		Fiber 5 g		Fiber 8 g		Fiber 12 g
	Pro 36 g		Pro 37 g		Pro 36 g		Pro 34 g		Pro 36 g
	Fat 22 g		Fat 38 g		Fat 36 g		Fat 29 g		Fat 40 g
Sod 1204 mg	Sod 926 mg	Sod 1359 mg	Sod 858 mg	Sod 1108 mg					
27		28		29		30		31	
Chicken Caesar Entrée Salad with Parmesan & Croutons, Baked Sweet Potato with Butter, Pears, Fudge Brownie*	Cal 785	Chicken Stroganoff, Cheesy Breadstick, Green Bean Almondine*, Apricots	Cal 758	Tilapia with Lemon Butter Sauce, Macaroni & Cheese, Peas/ Mushroom/ Bacon Sauté, Banana, Gelatin*	Cal 727	BBQ Pulled Pork, Baked Beans, Coleslaw, Diced Cantaloupe, Peanut Butter Chocolate Cookie*	Cal 693	Rotisserie Chicken Thigh with Gravy, Scalloped Potatoes, Harvard Beets, Orange Slices, Apricot Walnut Bar*	Cal 679
	Carb 85 g		Carb 75 g		Carb 78 g		Carb 84 g		Carb 79 g
	Fiber 8 g		Fiber 8 g		Fiber 8 g		Fiber 13 g		Fiber 5 g
	Pro 35 g		Pro 46 g		Pro 44 g		Pro 35 g		Pro 36 g
	Fat 35 g		Fat 32 g		Fat 29 g		Fat 28 g		Fat 24 g
Sod 836 mg	Sod 709 mg	Sod 779 mg	Sod 1073 mg	Sod 909 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	11:30am	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