



Friendly Fork Daily Menu

October 2025

DATE	MEAL
WEDNESDAY, OCTOBER 1	Roasted Turkey Breast with Gravy, Vegetable Rice Pilaf, Green Bean Almondine*, Apple/Beet/Walnut Salad*
THURSDAY, OCTOBER 2	Austrian-Style Pork over Mashed Potatoes, Peas & Carrots, Pears
FRIDAY, OCTOBER 3	Beef Tacos on Wheat Tortillas with Lettuce, Cheese, Pico de Gallo & Guacamole, Black Beans, Cilantro Lime Coleslaw, Pineapple
MONDAY, OCTOBER 6	Pork Loin with Roasted Red Pepper Sauce, Orzo, Balsamic Brussels Sprouts, Apple Slices
TUESDAY, OCTOBER 7	Cream of Chicken & Wild Rice Soup, Turkey & Cheese Sandwich with Mayo, Capri Vegetables, Cantaloupe
WEDNESDAY, OCTOBER 8	Krautburger with Side of Mustard, Italian Vegetable Blend, Strawberries & Blueberries
THURSDAY, OCTOBER 9	Chicken Salad on Sunflower Panini Bread* with Tomato, Potato Salad, Cucumber Sticks with Spinach Artichoke Dip, Peaches
FRIDAY, OCTOBER 10	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Wheat Roll with Butter, Broccoli & Carrots, Orange Slices
MONDAY, OCTOBER 13	Greek Lemon Chicken Thigh with Gravy, Roasted Red Potatoes, Mediterranean Pasta Salad, Apricots, 1% Milk
TUESDAY, OCTOBER 14	Cheeseburger on Wheat with Lettuce, Tomato, Onion, Pickles, Ketchup, Mustard & Mayo, Steamed Carrots, Kiwi
WEDNESDAY, OCTOBER 15	Pork Green Chile Stew, Chicken Taco with Pico de Gallo, Garlic Green Beans, Banana
THURSDAY, OCTOBER 16	Beef Shepherd's Pie, Wheat Roll with Butter, Lemon Garlic Broccoli, Pear
FRIDAY, OCTOBER 17	Roasted Pork Loin with Gravy, Quinoa/Kale/Almond Sauté*, Apple Slices, Blueberry Coffee Cake
MONDAY, OCTOBER 20	Beef & Broccoli Stir Fry over Jasmine Rice, Pork Egg Roll with Side of Light Soy Sauce, Pineapple

TUESDAY, OCTOBER 21	Chipotle Pork with BBQ Sauce, Refried Beans, Steamed Cabbage, Fruit Salad, Apple Cranberry Crisp
WEDNESDAY, OCTOBER 22	Chicken Fried Steak with Mashed Potatoes & Country Gravy, Spinach & Orange Salad* with Oil & Vinegar, Cantaloupe
THURSDAY, OCTOBER 23	Chicken & Andouille Sausage Gumbo, Brown Rice Pilaf, Asparagus, Orange Slices
FRIDAY, OCTOBER 24	Tuna Salad on Wheat with Lettuce & Tomato, Mediterranean Lentil Soup, Honeydew Melon
MONDAY, OCTOBER 27	Chicken Caesar Entrée Salad with Parmesan & Croutons, Baked Sweet Potato with Butter, Pears, Fudge Brownie*
TUESDAY, OCTOBER 28	Chicken Stroganoff, Cheesy Breadstick, Green Bean Almondine*, Apricots
WEDNESDAY, OCTOBER 29	Tilapia with Lemon Butter Sauce, Macaroni & Cheese, Peas/ Mushroom/ Bacon Sauté, Banana, Gelatin*
THURSDAY, OCTOBER 30	BBQ Pulled Pork, Baked Beans, Coleslaw, Diced Cantaloupe, Peanut Butter Chocolate Cookie*
FRIDAY, OCTOBER 31	Rotisserie Chicken Thigh with Gravy, Scalloped Potatoes, Harvard Beets, Orange Slices, Apricot Walnut Bar*

All meals include 2% milk.

*Indicates menu item contains nuts or may not be suitable for individuals with a nut or seed allergy

Need to order or cancel?

Please call the designated meal site or the Nutrition Hotline at (970) 400-6955 by 11 a.m. the business day prior to the meal.

Nutritional content of the meals is reviewed by Jessi Like, RD (970) 400-6118, jllike@weld.gov. Detailed nutritional values, allergen information, nutrition education and nutrition counseling can be provided upon request.