


# Friendly Fork Menu - September 2025

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

Monday 1		Tuesday 2		Wednesday 3		Thursday 4		Friday 5																
<div>Closed</div> <div>HAPPY Labor Day</div>		Pork Loin & Mushroom Gravy, Baked Potato with Butter, Carrots & Cucumbers with Spinach Artichoke Dip, Fruit Salad	Cal	695	kcal	Beef & Pork Bolognese with Mushrooms & Parmesan, Spinach Salad* with Italian Dressing, Strawberries, Peanut Butter Cookie*	Cal	877	kcal	Chicken & Dumplings, Steamed Carrots, Apple/Beet/Walnut Salad*, Banana	Cal	791	kcal	Kalua Pork, Hawaiian Roll, Baked Beans, BBQ Pickle Coleslaw, Kiwi Fruit, Tapioca Pudding*	Cal	769	kcal							
			Carbs	72	gm		Carbs	90	gm		Carbs	80	gm		Carbs	93	gm							
			Fiber	7	gm		Fiber	11	gm		Fiber	10	gm		Fiber	13	gm							
			Protein	35	gm		Protein	37	gm		Protein	33	gm		Protein	35	gm							
			Fat	31	gm		Fat	29	gm		Fat	31	gm		Fat	34	gm							
			Sod	565	mg		Sod	883	mg		Sod	825	mg		Sod	781	mg							
8		9		10		11		12																
Cheeseburger with Lettuce, Tomato, Onion, Pickles, Mustard, Mayo, Ketchup, Italian Vegetable Medley, Pear	Cal	771	Tilapia & Parmesan Sage Sauce, Almond Orzo Pilaf*, California Blend, Grapes, Blueberry Cheesecake Bar	Cal	820	kcal	BBQ Chicken Sandwich on Wheat with Pickles, Broccoli & Sundried Tomato Salad, Fresh Strawberries, Peach Crisp	Cal	747	kcal	Roast Beef & Mashed Potatoes with Beef Gravy, Wheat Roll with Butter, Green Bean Almondine*, Melons & Blueberries	Cal	711	kcal	Caprese Chicken Wrap, White Bean Soup with Crackers, Cucumber & Olive Salad, Fresh Pineapple	Cal	707	kcal						
	Carbs	80		g	Carbs	87		gm	Carbs	88		gm	Carbs	73		gm	Carbs	79	gm					
	Fiber	12		g	Fiber	6		gm	Fiber	11		gm	Fiber	7		gm	Fiber	14	gm					
	Protein	40		g	Protein	47		gm	Protein	49		gm	Protein	45		gm	Protein	38	gm					
	Fat	33		g	Fat	31		gm	Fat	23		gm	Fat	27		gm	Fat	31	gm					
	Sod	1035		mg	Sod	1025		mg	Sod	1156		mg	Sod	804		mg	Sod	1104	mg					
15		16		17		18		19																
Turkey Breast & Mashed Potatoes with Gravy, Corn, Broccoli & Cauliflower, Strawberry Fruit Salad, Lemon Sugar Cookie	Cal	734	kcal	Pork Spare Ribs, Tropical Pasta Salad, Capri Mixed Vegetables, Apple Slices	Cal	779	kcal	Honey Ginger Chicken Thigh, Jasmine Rice, Pork & Vegetable Egg Roll, Soy Sauce, Edamame & Corn Salad, Watermelon	Cal	848	kcal	Chicken Fajitas, Peppers & Onions, Pico de Gallo, Sour Cream, Refried Beans, Fresh Strawberries, Gelatin Parfait*	Cal	688	kcal	Sloppy Joe on Wheat Bun, Spinach Mandarin Orange Salad* with Oil & Vinegar, Orange Slices	Cal	779	kcal					
	Carbs	84	gm		Carbs	80	gm		Carbs	89	gm		Carbs	71	gm		Carbs	81	gm					
	Fiber	8	gm		Fiber	8	gm		Fiber	7	gm		Fiber	14	gm		Fiber	10	gm					
	Protein	39	gm		Protein	40	gm		Protein	40	gm		Protein	39	gm		Protein	37	gm					
	Fat	28	gm		Fat	34	gm		Fat	32	gm		Fat	26	gm		Fat	35	gm					
	Sod	1128	mg		Sod	708	mg		Sod	1121	mg		Sod	735	mg		Sod	940	mg					
22		23		24		25		26																
Ham & Potato Frittata, Salsa, Zucchini & Mushrooms, Strawberry Banana Yogurt Parfait, Morning Glory Muffin* with Butter	Cal	758	kcal	French Dip Sandwich with Side of au Jus, Garden Side Salad with Ranch Dressing, Orange Slices, Oatmeal Raisin Cookie	Cal	776	kcal	Pork Loin with Mushroom Gravy, Baked Sweet Potato with Butter, Roasted Cauliflower, Apple Slices	Cal	808	kcal	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Balsamic Brussels Sprouts, Watermelon	Cal	670	kcal	Chicken Breast with Gravy, Vegetable Lentil Pilaf, Cheesy Cauliflower, Strawberry Fruit Salad, Strawberry Basil Cheesecake Bar	Cal	698	kcal					
	Carbs	83	gm		Carbs	89	gm		Carbs	85	gm		Carbs	85	gm		Carbs	75	gm					
	Fiber	9	gm		Fiber	7	gm		Fiber	12	gm		Fiber	7	gm		Fiber	8	gm					
	Protein	39	gm		Protein	39	gm		Protein	44	gm		Protein	36	gm		Protein	49	gm					
	Fat	32	gm		Fat	30	gm		Fat	34	gm		Fat	22	gm		Fat	25	gm					
	Sod	939	mg		Sod	1089	mg		Sod	600	mg		Sod	1301	mg		Sod	1031	mg					
29		30		<div></div>																				
Beef Stew, Sourdough with Butter, Spinach & Mushroom Salad with Raspberry Vinaigrette, Banana	Cal	764	kcal															Beef Lasagna, Roasted Asparagus, Cheesy Breadstick, Mandarin Oranges & Grapes	Cal	711	kcal	Cal	711	kcal
	Carbs	93	gm																Carbs	74	gm	Carbs	74	gm
	Fiber	8	gm																Fiber	8	gm	Fiber	8	gm
	Protein	43	gm																Protein	40	gm	Protein	40	gm
	Fat	34	gm																Fat	29	gm	Fat	29	gm
Sod	1170	mg	Sod	1296	mg	Sod	1296	mg																
<div><b>Need to order or cancel?</b> 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. <b>All meals include 2% milk.</b></div>																								



# Friendly Fork Meal Schedule

Monday			
Birchwood	11:30am	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	11:30am	1000 13 <sup>th</sup> St	970-400-6955
Greeley Active Adult Center	11:30am	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	11:30am	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	11:30am	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	11:30am	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	11:30am	1000 13 <sup>th</sup> St	970-400-6955
Greeley Active Adult Center	11:30am	1010 6 <sup>th</sup> 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 <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	11:30am	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	11:30am	221 Main Ave	970-834-2655
Windsor	11:15am	250 N. 11 <sup>th</sup> St	970-674-3500
Friday			
Birchwood	11:30am	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	11:30am	1000 13 <sup>th</sup> 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 <sup>th</sup> St	970-674-3500