

Friendly Fork Evening Meals Menu

July 2025

Tuesday, July 1	Diced Chicken Thigh with Gravy, Orzo Rice Pilaf with Almonds*, Roasted Brussels Sprouts with Side of Malt Vinegar, Carrot & Cucumber Sticks with Spinach Artichoke Dip, Fresh Red Grapes
Tuesday, July 8	Beef Burrito Bowl with Brown Rice, Black Beans, Tomatoes, Peppers, Onions, Cheese, Salsa & Guacamole, Diced Watermelon, Pineapple Upside Down Cake
Tuesday, July 15	BBQ Chicken Sandwich on Wheat Bun with Pickled Red Onions, Baked Beans, BLT Side Salad, Orange Slices
Tuesday, July 22	Beef Lasagna, Gazpacho Soup, Marinated Kale Salad, Fresh Melons & Blueberries
Tuesday, July 29	Pork Spare Ribs, Mashed Potatoes & Gravy, Steamed Carrots, Fresh Pineapple, Blueberry Coffee Cake

All meals include 2% milk.

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

