


# Friendly Fork Menu - June 2022

Monday		Tuesday		Wednesday		Thursday		Friday				
6		7		8		9		10				
<p><b>Need to order or cancel?</b> Please call the designated meal site or the Nutrition Hotline (970-346-6955) by 11 a.m. the business day prior to the meal.</p> <p>*Denotes item contains nuts.</p>		<p>Raspberries are a popular berry with a rich color and sweet juicy taste. They are a good source of vitamins, minerals and antioxidants.</p>		<p>1</p> <p>Beef Stroganoff, Penne Wheat Pasta, Spinach Salad, Apple, Wheat Roll, Butter, Milk 1%</p>		<p>2</p> <p>Southwest Barley Three Bean Soup, Crackers, Chicken Salad Sandwich on Wheat, Creamy Coleslaw, Banana, Milk 1%</p>		<p>3</p> <p>Roasted Pork, Corn, Bandito Beans, Carolina Slaw, Brownie*, Milk 1%</p>				
										Calories 823 kcal	Calories 854 kcal	Calories 889 kcal
										Carbs 101 gm	Carbs 119 gm	Carbs 102 gm
										Fiber 13 gm	Fiber 13 gm	Fiber 22 gm
										Protein 36 gm	Protein 35 gm	Protein 40 gm
										Fat 27 gm	Fat 68 gm	Fat 41 gm
Sodium 541 mg	Sodium 1131 mg	Sodium 463 mg										
<p>Fried Chicken, Roasted Potatoes, California Blend Vegetables, Wheat Roll, Butter, Jicama-Watermelon, Milk 1%</p>		<p>Hamburger on Bun, Ketchup, Mustard, Lettuce, Tomato, Roasted Red Potatoes, Garlic Roasted Green Beans, Orange, Milk 1%</p>		<p>Sloppy Joe on Bun, Lemon White Bean Salad, Glazed Carrots, Cantaloupe-Honeydew-Pineapple-Grape Salad, Milk 1%</p>		<p>Roasted Tilapia, Lemon Wedge, Tartar Sauce, Roasted Red Potatoes, Broccoli with Garlic and Lemon, Tropical Fruit Salad, Apple Cranberry Crisp, Milk 1%</p>		<p>Cranberry Chicken Breast, Chicken Gravy, Brown Rice-Red Pepper-Carrot Pilaf, Peas, Orange, Cherry Chocolate Chip Cookie, Milk 1%</p>				
Calories 752 kcal	Calories 767 kcal	Calories 692 kcal	Calories 909 kcal	Calories 858 kcal								
Carbs 69 gm	Carbs 88 gm	Carbs 91 gm	Carbs 91 gm	Carbs 98 gm								
Fiber 17 gm	Fiber 11 gm	Fiber 15 gm	Fiber 10 gm	Fiber 10 gm								
Protein 39 gm	Protein 31 gm	Protein 34 gm	Protein 37 gm	Protein 44 gm								
Fat 51 gm	Fat 31 gm	Fat 20 gm	Fat 15 gm	Fat 16 gm								
Sodium 972 mg	Sodium 926 mg	Sodium 826 mg	Sodium 785 mg	Sodium 494 mg								
<p>13</p> <p>Swedish Meatballs over Rotini Pasta, Vinaigrette Coleslaw, Watermelon, Cranberry Chocolate Oat Square, Milk 1%</p>		<p>14</p> <p>Salisbury Steak, Beef Gravy, Mashed Potatoes, Beef Gravy, Carrot-Mint Carrot Salad*, Wheat Roll, Butter, Banana, Milk 1%</p>		<p>15</p> <p>Fish Sandwich on Multigrain Bun, Tartar Sauce, Tomato Slice, Lettuce Leaf, Roasted Red Potatoes, Creamy Coleslaw, Apple, Blueberry Cobbler, Milk 1%</p>		<p>16</p> <p>Chicken Fajita on Wheat Tortilla, Pico De Gallo, Sour Cream, Brown Rice, Refried Beans, Fruit Salad, Milk 1%</p>		<p>17</p> <p>Roast Beef, Gravy, Mashed Potatoes, Gravy, Garlic Roasted Green Beans, Wheat Roll, Butter, Cantaloupe, Five Layer Dessert Bar*, Milk 1%</p>				
Calories 938 kcal	Calories 874 kcal	Calories 943 kcal	Calories 845 kcal	Calories 989 kcal								
Carbs 117 gm	Carbs 108 gm	Carbs 141 gm	Carbs 90 gm	Carbs 114 gm								
Fiber 11 gm	Fiber 12 gm	Fiber 11 gm	Fiber 14 gm	Fiber 22 gm								
Protein 35 gm	Protein 36 gm	Protein 29 gm	Protein 69 gm	Protein 47 gm								
Fat 36 gm	Fat 29 gm	Fat 30 gm	Fat 14 gm	Fat 34 gm								
Sodium 925 mg	Sodium 1167 mg	Sodium 1223 mg	Sodium 762 mg	Sodium 1113 mg								
<p>20</p> <p>Roast Turkey, Gravy, Mashed Potatoes, Gravy, California Blend, Wheat Roll, Butter, Fresh Pineapple, Banana Pudding, Milk 1%</p>		<p>21</p> <p>Turkey and Provolone Sub Sandwich, Mashed Sweet Potatoes, Caesar Salad, Watermelon Jicama Salad, Oatmeal Cookie, Milk 1%</p>		<p>22</p> <p>Vegetable Soup, Egg Salad on Wheat Bread, Lettuce, Tomato, Broccoli Slaw, Tropical Fruit Salad, Oatmeal Raisin Cookie*, Milk 1%</p>		<p>23</p> <p>Chicken Jambalaya, Broccoli, Banana, Oatmeal Raisin Cookie*, Milk 1%</p>		<p>24</p> <p>Beef Macaroni Casserole, Lemon Chickpea Salad, Country Vegetables, Wheat Roll, Butter, Cantaloupe-Honeydew-Pineapple-Grape Salad, Sugar Cookie, Milk 1%</p>				
Calories 758 kcal	Calories 787 kcal	Calories 895 kcal	Calories 955 kcal	Calories 736 kcal								
Carbs 104 gm	Carbs 99 gm	Carbs 103 gm	Carbs 112 gm	Carbs 104 gm								
Fiber 11 gm	Fiber 10 gm	Fiber 10 gm	Fiber 12 gm	Fiber 9 gm								
Protein 33 gm	Protein 36 gm	Protein 27 gm	Protein 56 gm	Protein 28 gm								
Fat 17 gm	Fat 25 gm	Fat 38 gm	Fat 51 gm	Fat 23 gm								
Sodium 1042 mg	Sodium 1183 mg	Sodium 1184 mg	Sodium 632 mg	Sodium 783 mg								
<p>27</p> <p>Pot Pie, Biscuit, Butter, Broccoli &amp; Cauliflower, Banana Pudding, Milk 1%</p>		<p>28</p> <p>Bolognese over Penne, Country Vegetables, Tropical Fruit Salad, Bread Stick, Lemon Bar, Milk 1%</p>		<p>29</p> <p>Balsamic Grilled Beef, Mashed Potatoes, Brussel Sprouts, Wheat Roll, Butter, Apple-Cranberry Crisp, Milk 1%</p>		<p>30</p> <p>Chicken Romano, Penne Wheat Pasta with Marinara, Broccoli, Watermelon, Five Layer Dessert Bar*, Milk 1%</p>						
Calories 726 kcal	Calories 822 kcal	Calories 737 kcal	Calories 1141 kcal									
Carbs 117 gm	Carbs 116 gm	Carbs 86 gm	Carbs 116 gm									
Fiber 13 gm	Fiber 13 gm	Fiber 10 gm	Fiber 27 gm									
Protein 30 gm	Protein 31 gm	Protein 38 gm	Protein 54 gm									
Fat 22 gm	Fat 20 gm	Fat 21 gm	Fat 75 gm									
Sodium 800 mg	Sodium 521 mg	Sodium 672 mg	Sodium 1000 mg									



# Friendly Fork Meal Schedule

<b><u>Monday</u></b>		
Birchwood	2830 W. 27 <sup>th</sup> St Lane	970-400-6955
Fort Lupton	203 S. Harrison Ave	303-857-4200 x 6166
Greeley Manor	1000 13 <sup>th</sup> St	970-400-6955
Greeley Active Adult Center	1010 6 <sup>th</sup> St	970-350-9440
Greeley Senior Housing	1717 30 <sup>th</sup> St	970-400-6955
Milliken	1101 Broad St	970-660-5040
Platteville	508 Reynolds	970-785-2245
Windsor	250 N. 11 <sup>th</sup> St	970-674-3500
<b><u>Tuesday</u></b>		
Broadview	2915 W. 8 <sup>th</sup> St.	970-400-6955
Carbon Valley	701 5 <sup>th</sup> St	303-833-3660
Evans	1100 37 <sup>th</sup> St	970-475-1132
Kersey	215 2 <sup>nd</sup> St	970-353-1681 ext. 2
LaSalle	101 Todd Ave	970-284-0900
Lochbuie	501 Willow Drive	303-659-8262
Wattenberg	1958 Grace Ave (Fort Lupton)	970-400-6955
Windsor	250 N. 11 <sup>th</sup> St	970-674-3500
<b><u>Wednesday</u></b>		
Birchwood	2830 W. 27 <sup>th</sup> St Lane	970-400-6955
Eaton	1675 3 <sup>rd</sup> St	970-454-1070
Greeley Manor	1000 13 <sup>th</sup> St	970-400-6955
Greeley Active Adult Center	1010 6 <sup>th</sup> St	970-350-9440
Hill 'N Park	4205 Yosemite Drive	970-400-6955
Johnstown	101 W. Charlotte	970-587-5251
Rodarte	920 A St	970-400-6955
Windsor	250 N. 11 <sup>th</sup> St	970-674-3500
<b><u>Thursday</u></b>		
Broadview	2915 W. 8 <sup>th</sup> St.	970-400-6955
Carbon Valley	701 5 <sup>th</sup> St	303-833-3660
Erie	450 Powers St	303-926-2795
Greeley Senior Housing	1717 30 <sup>th</sup> St	970-400-6955
Kersey	215 2 <sup>nd</sup> St	970-353-1681 ext. 2
Mead	441 3 <sup>rd</sup> St	970-535-4477
Nunn	775 3 <sup>rd</sup> St	970-897-2459
Pierce	221 Main Ave	970-834-2655
Windsor	250 N. 11 <sup>th</sup> St	970-674-3500
<b><u>Friday</u></b>		
Birchwood	2830 W. 27 <sup>th</sup> St Lane	970-400-6955
Evans	1100 37 <sup>th</sup> St	970-475-1132
Greeley Active Adult Center	1010 6 <sup>th</sup> St	970-350-9440
Greeley Manor	1000 13 <sup>th</sup> St	970-400-6955
Milliken	1101 Broad St	970-660-5040
Platteville	508 Reynolds	970-785-2245
Windsor	250 N. 11 <sup>th</sup> St	970-674-3500