



Friendly Fork Menu - September 2022

*Contains nuts

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>Need to order or cancel? Please call the designated meal site or the Nutrition Hotline (970-400-6955) by 11 a.m. the business day prior to the meal.</p>				<p>Did you know? The largest butternut squash weighed in at 65.5 pounds. That's about 20 times larger than your average squash. You could make over 8 gallons of soup with just that single squash!</p>		1		2	
						Fried Chicken Sandwich with Lettuce, Tomato, Mustard, and Mayo, Potato Salad, 3 Bean Salad, Orange, and 1% Milk		Salisbury Steak with Gravy, Mashed Potatoes with Gravy, California Blend Vegetables, Fresh Fruit Mix, Roll with Butter, 1% Milk	
						Calories 931 kcal	Calories 685 kcal		
						Carbs 96 gm	Carbs 75 gm		
						Fiber 15 gm	Fiber 10 gm		
						Protein 34 gm	Protein 35 gm		
Fat 44 gm	Fat 7 gm								
Sodium 990 mg	Sodium 777 mg								
5		6		7		8		9	
 <p>Labor Day - No meals</p>		Beef and Broccoli Stir Fry with Brown Rice, Low Sodium Soy Sauce, Asian Slaw, Fresh Fruit Mix, Chocolate Chip Cookie, 1% Milk		Spaghetti with Bolognese Sauce, Roasted Vegetables, Fresh Fruit Mix, Wheat Roll with Butter, 1% Milk		Beef & Bean Chili, Wheat Crackers, Broccoli and Cauliflower, Peach Slices, Corn Bread with Butter and Honey, 1% Milk		Roast Turkey with Gravy, Dressing with Gravy, California Blend Vegetables, Wheat Roll with Butter, Orange Slices, Milk 1%	
		Calories 872 kcal	Calories 755 kcal	Calories 740 kcal	Calories 772 kcal				
		Carbs 92 gm	Carbs 94 gm	Carbs 93 gm	Carbs 85 gm				
		Fiber 10 gm	Fiber 11 gm	Fiber 11 gm	Fiber 11 gm				
		Protein 35 gm	Protein 31 gm	Protein 23 gm	Protein 44 gm				
		Fat 39 gm	Fat 11 gm	Fat 63 gm	Fat 17 gm				
Sodium 1203 mg	Sodium 517 mg	Sodium 1133 mg	Sodium 870 mg						
12		13		14		15		16	
Beef Pot Roast with Mashed Potatoes and Gravy, Peas and Carrots, Wheat Roll with Butter, Pineapple, 1% Milk		Chicken Caesar Wrap, Potato Salad, Fresh Fruit Mix, 5 Layer Dessert Bar*, 1% Milk		Chicken Brunswick Stew, Creamy Coleslaw, Fresh Fruit Mix, Wheat Roll with Butter, Cranberry Chocolate Oat Square, 1% Milk		Beefy Mac Casserole, Garlic Roasted Green Beans, Orange Wedges, Biscuit with Butter and Jelly, 1% Milk		Sloppy Joes on Bun, Roasted Red Potatoes, Garlic Lemon Broccoli, Pears, Chocolate Brownie, 1% Milk	
Calories 761 kcal	Calories 921 kcal	Calories 826 kcal	Calories 824 kcal	Calories 838 kcal					
Carbs 76 gm	Carbs 121 gm	Carbs 112 gm	Carbs 110 gm	Carbs 111 gm					
Fiber 10 gm	Fiber 20 gm	Fiber 11 gm	Fiber 11 gm	Fiber 11 gm					
Protein 30 gm	Protein 33 gm	Protein 30 gm	Protein 28 gm	Protein 31 gm					
Fat 7 gm	Fat 39 gm	Fat 24 gm	Fat 24 gm	Fat 23 gm					
Sodium 803 mg	Sodium 1103 mg	Sodium 875 mg	Sodium 1185 mg	Sodium 907 mg					
19		20		21		22		23	
Beef Enchiladas, Mexican Brown Rice, Refried Beans, Pico de Gallo, Sour Cream, Apple-Cranberry Crisp, Milk 1%		Beef Stroganoff with Penne Pasta, Cucumber-Tomato-Onion Salad, Tropical Fruit, Double Chocolate Muffin with Butter, 1% Milk		Mediterranean Lentil Soup, Wheat Crackers, Tuna Salad Sandwich with Tomato and Lettuce, Cantaloupe, Lemon Bar, 1% Milk		Roast Beef with Gravy, Mashed Potatoes with Gravy, Peas and Carrots, Apple Slaw, Wheat Roll with Butter, 1% Milk		Chicken Gumbo Creole over Rice and Red Beans, Collard Greens, Cornbread Muffin with Honey and Butter, 1% Milk	
Calories 993 kcal	Calories 991 kcal	Calories 753 kcal	Calories 759 kcal	Calories 878 kcal					
Carbs 118 gm	Carbs 90 gm	Carbs 127 gm	Carbs 73 gm	Carbs 99 gm					
Fiber 16 gm	Fiber 11 gm	Fiber 16 gm	Fiber 11 gm	Fiber 10 gm					
Protein 42 gm	Protein 35 gm	Protein 29 gm	Protein 44 gm	Protein 26 gm					
Fat 33 gm	Fat 37 gm	Fat 64 gm	Fat 17 gm	Fat 16 gm					
Sodium 1041 mg	Sodium 583 mg	Sodium 959 mg	Sodium 916 mg	Sodium 1051 mg					
26		27		28		29		30	
Irish Beef Stew, Wheat Crackers, Spinach Red Pepper and Mushroom Salad, Wheat Roll with Butter, Orange, Apple-Cranberry Crisp, Milk 1%		Pulled Pork Sandwich, Creamy Coleslaw, Pickled Balsamic Beets, Banana, 5 Layer Dessert Bar, 1% Milk		Chicken Fajitas with Peppers and Onion, Black Bean-Corn-Jicama Salad, Mexican Brown Rice, Sour Cream, Pico de Gallo, Honeydew, Carnival Cookie, 1% Milk		Shepherd's Pie, Roasted Root Vegetables, Apple, Wheat Roll with Butter, Peach Cobbler, 1% Milk		Chicken Fried Steak with Cream Gravy, Mashed Potatoes with Gravy, Corn O'Brien, Mandarin Oranges, Wheat Roll with Butter, 1% Milk	
Calories 696 kcal	Calories 1104 kcal	Calories 1064 kcal	Calories 738 kcal	Calories 939 kcal					
Carbs 100 gm	Carbs 144 gm	Carbs 112 gm	Carbs 115 gm	Carbs 94 gm					
Fiber 11 gm	Fiber 22 gm	Fiber 10 gm	Fiber 13 gm	Fiber 10 gm					
Protein 28 gm	Protein 38 gm	Protein 66 gm	Protein 26 gm	Protein 34 gm					
Fat 60 gm	Fat 42 gm	Fat 38 gm	Fat 15 gm	Fat 36 gm					
Sodium 833 mg	Sodium 1016 mg	Sodium 1199 mg	Sodium 1047 mg	Sodium 939 mg					



Friendly Fork Meal Schedule

<u>Monday</u>		
Birchwood	2830 W. 27 th St Lane	970-400-6955
Fort Lupton	203 S. Harrison Ave	303-857-4200 x 6166
Greeley Manor	1000 13 th St	970-400-6955
Greeley Active Adult Center	1010 6 th St	970-350-9440
Greeley Senior Housing	1717 30 th St	970-400-6955
Milliken	1101 Broad St	970-660-5040
Platteville	508 Reynolds	970-785-2245
Windsor	250 N. 11 th St	970-674-3500
<u>Tuesday</u>		
Broadview	2915 W. 8 th St.	970-400-6955
Carbon Valley	701 5 th St	303-833-3660
Evans	1100 37 th St	970-475-1132
Kersey	215 2 nd 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 th St	970-674-3500
<u>Wednesday</u>		
Birchwood	2830 W. 27 th St Lane	970-400-6955
Eaton	1675 3 rd St	970-454-1070
Greeley Manor	1000 13 th St	970-400-6955
Greeley Active Adult Center	1010 6 th 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 th St	970-674-3500
<u>Thursday</u>		
Broadview	2915 W. 8 th St.	970-400-6955
Carbon Valley	701 5 th St	303-833-3660
Erie	450 Powers St	303-926-2795
Greeley Senior Housing	1717 30 th St	970-400-6955
Kersey	215 2 nd St	970-353-1681 ext. 2
Mead	To Be Announced	970-400-6955
Nunn	775 3 rd St	970-897-2459
Pierce	221 Main Ave	970-834-2655
Windsor	250 N. 11 th St	970-674-3500
<u>Friday</u>		
Birchwood	2830 W. 27 th St Lane	970-400-6955
Evans	1100 37 th St	970-475-1132
Greeley Active Adult Center	1010 6 th St	970-350-9440
Greeley Manor	1000 13 th St	970-400-6955
Milliken	1101 Broad St	970-660-5040
Platteville	508 Reynolds	970-785-2245
Windsor	250 N. 11 th St	970-674-3500