



Friendly Fork Menu - October 2022

*Contains nuts

Monday		Tuesday		Wednesday		Thursday		Friday					
3		4		5		6		7					
Beef and Mushroom Meatloaf, Garlic Mashed Potatoes and Gravy, Snow Pea and Radish Salad, Banana, Rice Krispy Treat, 1% Milk	Calories 1167 kcal	Chicken Salad Sandwich on Wheat with Lettuce and Tomato, Split Pea Soup, Crackers, Corn, Orange Slices, Lemon Bar, 1% Milk	Calories 893 kcal	Cranberry Harvest Chicken Breast, Mashed Sweet Potatoes, Lemon Garlic Broccoli, Corn Bread, Butter, Honey, Apple, Tapioca Pudding, 1% Milk	Calories 919 kcal	Chicken Pot Pie over Biscuit, Broccoli Pasta Salad, Mandarin Oranges, Nut Cup*, Apple Cranberry Crisp, 1% Milk	Calories 1027 kcal	Hamburger on Wheat Bun with Lettuce and Tomato and Ketchup, Mustard, and Mayo, Three Bean Salad, Roasted Red Potatoes, Orange Slices, 1% Milk	Calories 873 kcal				
	Carbs 138 gm		Carbs 158 gm		Carbs 124 gm		Carbs 105 gm		Carbs 89 gm				
	Fiber 10 gm		Fiber 22 gm		Fiber 12 gm		Fiber 11 gm		Fiber 10 gm				
	Protein 40 gm		Protein 37 gm		Protein 40 gm		Protein 47 gm		Protein 32 gm				
	Fat 51 gm		Fat 62 gm		Fat 14 gm		Fat 49 gm		Fat 42 gm				
	Sodium 1136 mg		Sodium 899 mg		Sodium 718 mg		Sodium 1090 mg		Sodium 913 mg				
10		11		12		13		14					
Chicken and Dumplings, California Blend Vegetables, Honeydew, Five Layer Dessert Bar, 1% Milk	Calories 739 kcal	Roasted Turkey and Gravy, Cornbread Stuffing, Baked Potato, Butter, Sour Cream, Cider Vinaigrette Coleslaw, Cranberry Chocolate Oat Square, 1% Milk	Calories 1051 kcal	Chicken Florentine Casserole, Brussels Sprouts with Malt Vinegar, Bread Stick, Fruit Mix, 1% Milk	Calories 751 kcal	Roast Beef with Gravy, Mashed Potatoes and Gravy, Peas and Carrots, Apple Cabbage Coleslaw, Wheat Roll, Butter, 1% Milk	Calories 759 kcal	Tilapia Provencal, Lemon Slice, Roasted Red Potatoes, Lemony White Bean Salad, Peas, Fruit Mix, Wheat Roll, Butter, 1% Milk	Calories 748 kcal				
	Carbs 85 gm		Carbs 130 gm		Carbs 80 gm		Carbs 73 gm		Carbs 96 gm				
	Fiber 18 gm		Fiber 10 gm		Fiber 11 gm		Fiber 11 gm		Fiber 17 gm				
	Protein 34 gm		Protein 40 gm		Protein 39 gm		Protein 44 gm		Protein 48 gm				
	Fat 27 gm		Fat 33 gm		Fat 18 gm		Fat 17 gm		Fat 15 gm				
	Sodium 827 mg		Sodium 1164 mg		Sodium 512 mg		Sodium 916 mg		Sodium 673 mg				
17		18		19		20		21					
Herb Roasted Chicken Breast with Gravy, Red Pepper Brown Rice Pilaf, Parslied Baby Carrots, Pineapple, Pumpkin Pecan Streusel Coffee Cake*, 1% Milk	Calories 816 kcal	Beef Tacos with Cheese, Lettuce, Sour Cream, and Pico de Gallo, Cuban Black Beans, Mexican Brown Rice, Cantaloupe, 1% Milk	Calories 977 kcal	Herb and Dijon Pork Tenderloin, Scalloped Potatoes, Broccoli and Cauliflower, Banana, Peach Cobbler, 1% Milk	Calories 761 kcal	Barbecue Pulled Pork on Wheat Bun, Baked Beans, Creamy Coleslaw, Orange Slices, 1% Milk	Calories 953 kcal	Turkey Dinner Wrap, Peas and Carrots, Pasta Salad, Fruit Mix, Rice Krispy Treat, 1% Milk	Calories 910 kcal				
	Carbs 110 gm		Carbs 103 gm		Carbs 118 gm		Carbs 102 gm		Carbs 133 gm				
	Fiber 11 gm		Fiber 12 gm		Fiber 11 gm		Fiber 20 gm		Fiber 14 gm				
	Protein 60 gm		Protein 49 gm		Protein 39 gm		Protein 41 gm		Protein 35 gm				
	Fat 16 gm		Fat 22 gm		Fat 15 gm		Fat 24 gm		Fat 26 gm				
	Sodium 608 mg		Sodium 1133 mg		Sodium 895 mg		Sodium 949 mg		Sodium 1263 mg				
24		25		26		27		28					
Egg Salad on Wheat with Lettuce and Tomato, Vegetable and Bean Soup, Crackers, Lemon Garlic Broccoli, Mandarins and Grapes, Peanut Butter Chocolate Rice Krispy Treat, 1% Milk	Calories 1047 kcal	Swedish Meatballs over Rotini Pasta, Wheat Roll, Butter, Broccoli-Olive-Sundried Tomato Salad, Tropical Fruit, and 1% Milk	Calories 1004 kcal	Turkey and Black Bean Chili, Spinach Red Pepper Mushroom Salad, Sliced Peaches, Apple Cranberry Crisp, Cornbread, Butter, Honey, 1% Milk	Calories 727 kcal	Turkey and Provolone Sub, Garlic Roasted Potatoes, Diced Pears, Peas, Peach Crisp, 1% Milk	Calories 818 kcal	Beef Goulash over Wheat Rotini, Garlic Roasted Green Beans, Fruit Mix, Applesauce Bar, 1% Milk	Calories 757 kcal				
	Carbs 102 gm		Carbs 113 gm		Carbs 117 gm		Carbs 127 gm		Carbs 99 gm				
	Fiber 11 gm		Fiber 14 gm		Fiber 12 gm		Fiber 12 gm		Fiber 11 gm				
	Protein 26 gm		Protein 35 gm		Protein 26 gm		Protein 38 gm		Protein 31 gm				
	Fat 75 gm		Fat 40 gm		Fat 13 gm		Fat 13 gm		Fat 27 gm				
	Sodium 808 mg		Sodium 1023 mg		Sodium 802 mg		Sodium 944 mg		Sodium 669 mg				
31				<p style="text-align: center;">Did you know?</p> <p style="text-align: center;">Originally, turnips, potatoes, and beets were carved for Halloween, with pumpkins being adopted by Irish immigrants when they brought the tradition to the United States.</p>		<p style="text-align: center;">Need to order or cancel?</p> <p style="text-align: center;">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 style="text-align: center;">Happy Halloween!</p> 					
Beef Bolognese over Wheat Spaghetti, Capri Vegetables, Breadstick, Butter, Carnival Cookie, 1% Milk	Calories 894 kcal									Calories 894 kcal	Calories 894 kcal	Calories 894 kcal	Calories 894 kcal
	Carbs 93 gm									Carbs 93 gm	Carbs 93 gm	Carbs 93 gm	Carbs 93 gm
	Fiber 11 gm									Fiber 11 gm	Fiber 11 gm	Fiber 11 gm	Fiber 11 gm
	Protein 31 gm									Protein 31 gm	Protein 31 gm	Protein 31 gm	Protein 31 gm
	Fat 19 gm									Fat 19 gm	Fat 19 gm	Fat 19 gm	Fat 19 gm
Sodium 742 mg	Sodium 742 mg	Sodium 742 mg	Sodium 742 mg	Sodium 742 mg									

Foods and menus may be subject to change.

Nutrition content of meals is reviewed by the Friendly Fork Dietitian. Detailed nutritional values for the menu, nutrition education and nutrition counseling can also be provided upon request.

Friendly Fork Meal Schedule

Monday

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

Tuesday

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

Wednesday

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

Thursday

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	109 3 rd St	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

Friday

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