
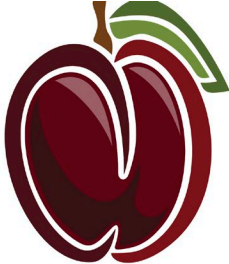





Friendly Fork Menu - January 2023

*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>3</p> <p>Ancho Mango BBQ Chicken, Baja Black Beans, Coleslaw, Orange Slices, Black Forest Brownie*, 1% Milk</p>		<p>4</p> <p>Beef Lasagna, Lemon Garlic Broccoli, Breadstick, Diced Pears, Banana Chia Pudding, 1% Milk</p>		<p>5</p> <p>1/2 Tuna Salad Sandwich, Southwest Barley and Bean Soup with Crackers, Corn, Tropical Fruit, Apple Cranberry Crisp, 1% Milk</p>		<p>6</p> <p>1/2 Chicken Salad Sandwich, Mediterranean Lentil Soup, Crackers, Couscous and Roasted Corn Salad, Cinnamon Applesauce, Oatmeal Raisin Cookie, 1% Milk</p>					
		<p>Calories 672 kcal</p> <p>Carbs 90 gm</p> <p>Fiber 11 gm</p> <p>Protein 40 gm</p> <p>Fat 15 gm</p> <p>Sodium 1011 mg</p>		<p>Calories 715 kcal</p> <p>Carbs 78 gm</p> <p>Fiber 12 gm</p> <p>Protein 33 gm</p> <p>Fat 23 gm</p> <p>Sodium 776 mg</p>		<p>Calories 701 kcal</p> <p>Carbs 127 gm</p> <p>Fiber 13 gm</p> <p>Protein 25 gm</p> <p>Fat 60 gm</p> <p>Sodium 981 mg</p>		<p>Calories 894 kcal</p> <p>Carbs 111 gm</p> <p>Fiber 18 gm</p> <p>Protein 32 gm</p> <p>Fat 78 gm</p> <p>Sodium 1052 mg</p>					
		<p>9</p> <p>Sweet and Sour Pork Stir Fry, Brown Rice, Lite Soy Sauce, Snow Pea and Radish Salad, Banana, Fortune Cookie, 1% Milk</p>		<p>10</p> <p>Swedish Meatballs over Rotini Pasta, Tropical Fruit, Cucumber and Beet Salad, Wheat Roll with Butter, 1% Milk</p>		<p>11</p> <p>Chicken and Dumplings, California Blend Vegetables, Apple/Orange/Grape Mix, Double Chocolate Muffin, Butter, 1% Milk</p>		<p>12</p> <p>Southwest Beef and Turkey Casserole, Aztec Corn Sauté, Spinach Red Pepper and Mushroom Salad, Chocolate Peanut Butter Brownie*, 1% Milk</p>		<p>13</p> <p>Chicken Fajitas with Peppers and Onions, Pico De Gallo, Sour Cream, Black Beans and Corn, Honeydew, Carnival Cookie, 1% Milk</p>			
		<p>Calories 1287 kcal</p> <p>Carbs 155 gm</p> <p>Fiber 10 gm</p> <p>Protein 38 gm</p> <p>Fat 57 gm</p> <p>Sodium 867 mg</p>		<p>Calories 896 kcal</p> <p>Carbs 108 gm</p> <p>Fiber 12 gm</p> <p>Protein 33 gm</p> <p>Fat 31 gm</p> <p>Sodium 1036 mg</p>		<p>Calories 709 kcal</p> <p>Carbs 71 gm</p> <p>Fiber 20 gm</p> <p>Protein 34 gm</p> <p>Fat 20 gm</p> <p>Sodium 877 mg</p>		<p>Calories 970 kcal</p> <p>Carbs 105 gm</p> <p>Fiber 12 gm</p> <p>Protein 23 gm</p> <p>Fat 155 gm</p> <p>Sodium 735 mg</p>		<p>Calories 1064 kcal</p> <p>Carbs 112 gm</p> <p>Fiber 10 gm</p> <p>Protein 66 gm</p> <p>Fat 38 gm</p> <p>Sodium 1199 mg</p>			
		<p>16</p> <p>Hamburger with Lettuce, Tomato, Ketchup, and Mustard, Three Bean Salad, Roasted Red Potatoes, Orange Slices, 1% Milk</p>		<p>17</p> <p>Egg Salad Sandwich, Garden Vegetable Soup with Crackers, Corn, Banana, Rice Krispies Treat, 1% Milk</p>		<p>18</p> <p>Irish Beef Stew with Crackers, Garlic Roasted Red Potatoes, Banana Pear and Mandarin Orange Mix, Peach Cobbler, 1% Milk</p>		<p>19</p> <p>Chicken Fried Steak with Cream Gravy, Mashed Potatoes and Gravy, Corn O'Brien, Mandarin Oranges, Wheat Roll with Butter, 1% Milk</p>		<p>20</p> <p>Mango Crusted Tilapia with Pineapple Relish, Lemony White Bean Salad, Glazed Sweet Potatoes, Diced Pears, Cranberry Chocolate Oat Bar, 1% Milk</p>			
		<p>Calories 873 kcal</p> <p>Carbs 89 gm</p> <p>Fiber 10 gm</p> <p>Protein 32 gm</p> <p>Fat 42 gm</p> <p>Sodium 913 mg</p>		<p>Calories 889 kcal</p> <p>Carbs 142 gm</p> <p>Fiber 12 gm</p> <p>Protein 28 gm</p> <p>Fat 75 gm</p> <p>Sodium 1166 mg</p>		<p>Calories 747 kcal</p> <p>Carbs 112 gm</p> <p>Fiber 10 gm</p> <p>Protein 26 gm</p> <p>Fat 67 gm</p> <p>Sodium 882 mg</p>		<p>Calories 939 kcal</p> <p>Carbs 94 gm</p> <p>Fiber 10 gm</p> <p>Protein 34 gm</p> <p>Fat 36 gm</p> <p>Sodium 939 mg</p>		<p>Calories 967 kcal</p> <p>Carbs 127 gm</p> <p>Fiber 58 gm</p> <p>Protein 29 gm</p> <p>Fat 308 gm</p> <p>Sodium 640 mg</p>			
<p>23</p> <p>Salisbury Steak with Beef Gravy, Mashed Potatoes and Gravy, Garlic Roasted Green Beans, Fruit Mix, Wheat Roll with Butter, 1% Milk</p>		<p>24</p> <p>Parmesan Chicken Breast and Marinara over Penne Pasta, Caesar Salad, Melon/Strawberry/Grapes Mix, Chocolate Chip Cookie, 1% Milk</p>		<p>25</p> <p>Sloppy Joe, Brussels Sprouts with Malt Vinegar, Roasted Red Peppers, Carrot Orange Mint Salad*, Apricot Bar, 1% Milk</p>		<p>26</p> <p>Beef and Pork Inside-Out Pot Pie, Broccoli and Cauliflower, Fruit Mix, Butter, Banana Pudding, 1% Milk</p>		<p>27</p> <p>Beef Stroganoff, Cucumber/Tomato/Onion Salad, Tropical Fruit, Double Chocolate Muffin, Butter, 1% Milk</p>					
<p>Calories 722 kcal</p> <p>Carbs 78 gm</p> <p>Fiber 10 gm</p> <p>Protein 35 gm</p> <p>Fat 11 gm</p> <p>Sodium 897 mg</p>		<p>Calories 732 kcal</p> <p>Carbs 85 gm</p> <p>Fiber 11 gm</p> <p>Protein 41 gm</p> <p>Fat 21 gm</p> <p>Sodium 582 mg</p>		<p>Calories 877 kcal</p> <p>Carbs 107 gm</p> <p>Fiber 12 gm</p> <p>Protein 36 gm</p> <p>Fat 34 gm</p> <p>Sodium 993 mg</p>		<p>Calories 726 kcal</p> <p>Carbs 117 gm</p> <p>Fiber 13 gm</p> <p>Protein 30 gm</p> <p>Fat 22 gm</p> <p>Sodium 800 mg</p>		<p>Calories 991 kcal</p> <p>Carbs 90 gm</p> <p>Fiber 11 gm</p> <p>Protein 35 gm</p> <p>Fat 37 gm</p> <p>Sodium 583 mg</p>					
<p>30</p> <p>Fish Sandwich with Lettuce, Tomato, and Tartar Sauce, BBQ Baked Beans, Garlic Roasted Potatoes, Mandarin Oranges, 1% Milk</p>		<p>31</p> <p>Egg Bake with Mexican Breakfast Potatoes, Pork Sausage Links, Fruit Mix, Apple Cinnamon Muffin, Butter, 1% Milk</p>											
<p>Calories 725 kcal</p> <p>Carbs 125 gm</p> <p>Fiber 38 gm</p> <p>Protein 33 gm</p> <p>Fat 13 gm</p> <p>Sodium 978 mg</p>		<p>Calories 763 kcal</p> <p>Carbs 80 gm</p> <p>Fiber 19 gm</p> <p>Protein 31 gm</p> <p>Fat 26 gm</p> <p>Sodium 841 mg</p>											



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	303-833-2739
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	303-833-2739
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 3rd 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