

# Friendly Fork Menu - February 2023

\*Contains nuts

Monday		Tuesday		Wednesday		Thursday		Friday	
		<b>HELLO</b> <i>February</i>		1		2		3	
				Brown Sugar Pork Loin, Au Gratin Potatoes, Watermelon Jicama Salad, Apple Cobbler, 1% Milk		Chicken Salad Sandwich, Vegetable Bean Soup, Peas & Pearl Onions, Orange Slices, 1% Milk		Chicken Parmesan over Penne Pasta, Caesar Salad, Melon/Pineapple/Grape Mix, Chocolate Peanut Butter Brownie*, 1% Milk	
				Calories 904 kcal	Calories 769 kcal	Calories 993 kcal			
				Carbs 90 gm	Carbs 89 gm	Carbs 95 gm			
				Fiber 13 gm	Fiber 13 gm	Fiber 13 gm			
Protein 43 gm	Protein 35 gm	Protein 46 gm							
Fat 61 gm	Fat 20 gm	Fat 65 gm							
Sodium 890 mg	Sodium 1136 mg	Sodium 993 mg							
6		7		8		9		10	
Beef Tacos with Cheese, Lettuce, Salsa, and Sour Cream, Mexican Brown Rice, Refried Beans, Fruit Mix, 1% Milk		Chicken Noodle Bake, Garlic Roasted Green Beans, Tropical Fruit Mix, Apple Cranberry Crisp, 1% Milk		Hearty Beef & Black Bean Chili, Corn Bread with Butter & Honey, Cheesy Cauliflower, Apple, 1% Milk		Salisbury Steak with Beef Gravy, Mashed Potatoes & Gravy, California Blend Vegetables, Wheat Roll with Butter, 1% Milk		Baked Chicken with Gravy, BBQ Baked Beans, Steamed Sugar Snap Peas, Peach Crisp, 1% Milk	
Calories 990 kcal	Calories 744 kcal	Calories 710 kcal	Calories 904 kcal	Calories 720 kcal					
Carbs 104 gm	Carbs 98 gm	Carbs 101 gm	Carbs 90 gm	Carbs 106 gm					
Fiber 16 gm	Fiber 9 gm	Fiber 11 gm	Fiber 13 gm	Fiber 16 gm					
Protein 51 gm	Protein 35 gm	Protein 35 gm	Protein 34 gm	Protein 52 gm					
Fat 21 gm	Fat 22 gm	Fat 14 gm	Fat 61 gm	Fat 13 gm					
Sodium 1053 mg	Sodium 711 mg	Sodium 1121 mg	Sodium 890 mg	Sodium 359 mg					
13		14		15		16		17	
Sloppy Joe, Brussels Sprouts with Side of Malt Vinegar, Roasted Red Potatoes, Carrot/Orange/Mint Salad*, 1% Milk		Herb Crusted Roast Beef with Gravy, Wheat Roll with Butter, Mandarin Orange & Spinach Salad, Mixed Fruit, Raspberry Walnut Coconut Bar*, 1% Milk		Spaghetti with Meat Sauce, Wheat Roll with Butter, Roasted Vegetables, Assorted Fruit, 1% Milk		Chicken Caesar Wrap, Potato Salad, Melon/Pineapple/Grape Mix, Banana Chia Pudding, 1% Milk		Chicken & Dumplings, California Blend Vegetables, Honeydew Melon, Five Layer Dessert Bar*, 1% Milk	
Calories 698 kcal	Calories 976 kcal	Calories 754 kcal	Calories 749 kcal	Calories 739 kcal					
Carbs 83 gm	Carbs 104 gm	Carbs 93 gm	Carbs 101 gm	Carbs 85 gm					
Fiber 11 gm	Fiber 10 gm	Fiber 12 gm	Fiber 11 gm	Fiber 18 gm					
Protein 33 gm	Protein 46 gm	Protein 31 gm	Protein 31 gm	Protein 34 gm					
Fat 25 gm	Fat 36 gm	Fat 11 gm	Fat 30 gm	Fat 27 gm					
Sodium 936 mg	Sodium 903 mg	Sodium 505 mg	Sodium 967 mg	Sodium 827 mg					
20		21		22		23		24	
CLOSED for President's Day		Beef Enchiladas with Sour Cream, Mexican Brown Rice, Refried Beans, Strawberry Fruit Mix, Cranberry Chocolate Oat Bar, 1% Milk		Tuna Casserole, Wheat Roll with Butter, Classic Cole Slaw, Balsamic Roasted Brussels Sprouts, Cranberry Apple Crisp, 1% Milk		Swedish Meatballs over Rotini Pasta, Wheat Roll with Butter, Peas & Carrots, Cantaloupe, 1% Milk		Lemon Butter Grilled Salmon, Mediterranean Lentil Soup, Broccoli Pasta Salad, Strawberry Shortcake, 1% Milk	
Calories 0 kcal	Calories 1195 kcal	Calories 786 kcal	Calories 823 kcal	Calories 722 kcal					
Carbs 0 gm	Carbs 147 gm	Carbs 104 gm	Carbs 97 gm	Carbs 82 gm					
Fiber 0 gm	Fiber 19 gm	Fiber 11 gm	Fiber 13 gm	Fiber 15 gm					
Protein 0 gm	Protein 48 gm	Protein 36 gm	Protein 34 gm	Protein 41 gm					
Fat 0 gm	Fat 38 gm	Fat 20 gm	Fat 29 gm	Fat 24 gm					
Sodium 0 mg	Sodium 1055 mg	Sodium 995 mg	Sodium 934 mg	Sodium 728 mg					
27		28				<b>Need to order or cancel?</b> Please call the designated meal site or the Nutrition Hotline (970-400-6955) by 11 a.m. the business day prior to the meal.			
Chicken Fried Steak with Cream Gravy, Wheat Roll with Butter, Smashed Red Potatoes & Gravy, Roasted Root Vegetables, Mandarin Oranges, 1% Milk		Beef Pot Roast, Macaroni & Cheese, Mixed Vegetables, Orange Slices, Chickpea Blondie, 1% Milk							
Calories 946 kcal	Calories 1067 kcal								
Carbs 95 gm	Carbs 123 gm								
Fiber 10 gm	Fiber 10 gm								
Protein 33 gm	Protein 33 gm								
Fat 36 gm	Fat 26 gm								
Sodium 1073 mg	Sodium 901 mg								



# Friendly Fork Meal Schedule

## Monday

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

## Tuesday

Broadview	2915 W. 8 <sup>th</sup> St.	970-400-6955
Carbon Valley	7015 <sup>th</sup> St	303-833-2739
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

## Wednesday

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

## Thursday

Broadview	2915 W. 8 <sup>th</sup> St.	970-400-6955
Carbon Valley	701 5 <sup>th</sup> St	303-833-2739
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	109 3rd St	970-400-6955
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

## Friday

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 6th 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