



## Friendly Fork Daily Menu January 2026

Monday, January 5	Baked Tilapia with Parmesan Sage Sauce, Wheat Roll with Butter, Macaroni & Cheese, Maple Glazed Carrots, Fruit Salad
Tuesday, January 6	Krautburger with Side of Mustard, Marinated Kale Salad, Pineapple
Wednesday, January 7	Italian Braised Chicken with White Wine Mushroom Sauce, Lemon & Herb Orzo, Asparagus & Corn, Fruit Salad
Thursday, January 8	BBQ Pulled Pork Sandwich on Wheat Bun, Cucumber Salad, Orange Slices, Gelatin Parfait*
Friday, January 9	White Chicken Chili with Tortilla Strips, Corn Muffin with Butter, Refried Beans, Sauteed Squash, Cantaloupe
Monday, January 12	Sloppy Joe on Wheat Bun, Balsamic Brussels Sprouts, Apple Slices with Peanut Butter*
Tuesday, January 13	Austrian Style Pork over Mashed Potatoes, Peas & Carrots, Banana
Wednesday, January 14	Beef Lasagna, Herb Breadstick, Side Salad with Low-Fat Ranch Dressing, Apricots
Thursday, January 15	Beef & Mushroom Meatloaf, Mashed Potatoes & Gravy, Zucchini / Peppers / Mushrooms, Cantaloupe, Morning Glory Muffin*
Friday, January 16	Chicken Breast with Gravy, Buttermilk Biscuit with Jelly & Butter, Mixed Vegetables, Mandarin Oranges & Grapes
Monday, January 19	Closed in Honor of Martin Luther King Jr Day
Tuesday, January 20	Salisbury Steak with Mashed Potatoes & Gravy, Green Beans with Bacon, Pears

Wednesday, January 21	Chicken Salad on Wheat with Lettuce & Tomato, Italian Vegetable Medley, Orange Slices, Apricot Walnut Bar*
Thursday, January 22	Salmon with Lemon Basil Tartar Sauce, Orzo, California Blend Vegetables, Strawberries & Blueberries
Friday, January 23	Chipotle Shredded Pork with BBQ Sauce, Baked Beans, Coleslaw, Pineapple
Monday, January 26	Chicken Stroganoff, Lemon Garlic Broccoli, Apricots, Pumpkin Spice Sugar Cookie
Tuesday, January 27	Beef & Black Bean Chili, Broccoli / Olive / Sundried Tomato Salad, Mixed Fruit, Cinnamon Roll
Wednesday, January 28	Sweet & Sour Pork Stir Fry over Rice, Side of Soy Sauce, Bok Choy & Edamame Vegetable Medley, Mango
Thursday, January 29	Cheeseburger on Wheat Bun with Lettuce, Tomato, Onion, Mustard, Mayo & Ketchup, Lima Beans with Bacon, Pears
Friday, January 30	Roasted Turkey Breast with Gravy, Baked Sweet Potato with Butter, BLT Side Salad, Cinnamon Applesauce

All meals include 2% milk.

\*Indicates menu item contains nuts or may not be suitable for individuals with a nut or seed allergy

### **Need to order or cancel?**

**To place your order, please call the Windsor Community Recreation Center at (970) 674-3500 by 9am one business day prior to the meal.**

Nutritional content of the meals is reviewed by Jessi Like, RD (970) 400-6118, [jlike@weld.gov](mailto:jlike@weld.gov). Detailed nutritional values, allergen information, nutrition education and nutrition counseling can be provided upon request.