



Friendly Fork Daily Menu

January 2026

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| 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, Sautéed 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 |

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| 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. Detailed nutritional values, allergen information, nutrition education and nutrition counseling can be provided upon request.