

*Contains nuts

Friendly Fork Daily Menu

June 2021

Day	Date	Meal
Tuesday	1	Weld County Employee Holiday - No meals
Wednesday	2	Braised Beef Ragout, Rotini, Spinach-Garbanzo Salad with Italian Dressing, Orange-Banana-Pineapple Salad, Milk 1%
Thursday	3	Navy Bean Soup, Wheat Crackers, 1/2 Chicken Salad Sandwich on Wheat, Autumn Apple Coleslaw, Banana, Milk 1%
Friday	4	BBQ Pork Spareribs, Corn on the Cob, Butter, Baked Beans, Creamy Coleslaw, Milk 1%
Monday	7	Fried Chicken Thighs, Roasted Potatoes, Broccoli-Carrots-Cauliflower, Pumpkin Roll, Butter, Jicama-Watermelon, Apple Wedges, Milk 1%
Tuesday	8	Hamburger on Bun, Ketchup, Mustard, Lettuce, Tomato, Onion, Creamy Potato Salad, 3 Bean Salad, Orange Wedges, Milk 1%
Wednesday	9	Sloppy Joe on Bun, Italian Rotini Salad. Glazed Carrots, Fresh Pineapple-Strawberries, Milk 1%
Thursday	10	White Fish with Citrus-Tomatillo Salsa, Lemon Wedge, Tartar Sauce, Roasted Red Potatoes, Butter, Lemon Broccoli, Mixed Fruit, Crunchy Fruit Snack, Milk 1%
Friday	11	Breaded Lemon Dijon Chicken, Gravy, Creamy Rice-Mushroom Pilaf*, Peas, Orange-Banana-Pear Salad, Chocolate Chip Cookie, Milk 1%
Monday	14	Meatballs over Rotini Pasta, Coleslaw with Pineapple and Raisins, Wheat Roll, Butter, Watermelon, Milk 1%
Tuesday	15	Salisbury Steak, Garlic Mashed Potatoes, Gravy, Minted Carrots, Wheat Roll, Butter, Orange-Apple-Banana Salad, Milk 1%
Wednesday	16	Crispy Fish Sandwich on Wheat Bun, Tartar Sauce, Roasted Red Potatoes, Creamy Coleslaw, Melon Salad, Blueberry Crisp, Milk 1%
Thursday	17	Chicken Fajita on Wheat Tortilla, Pico De Gallo, Sour Cream, Spanish Rice, Refried Beans, Pineapple-Orange-Banana-Grape Salad, Oatmeal Raisin Cookie, Milk 1%

Friday	18	Roast Beef, Gravy, Mashed Potatoes, Gravy, Green Beans with Red Peppers, Wheat Biscuit, Butter, Cantaloupe, Milk 1%
Monday	21	Roast Turkey, Gravy, Mashed Potatoes with Garlic, Gravy, California Blend, Cranberry-Pear Slaw, Dill Roll, Butter, Milk 1%
Tuesday	22	Chicken Breast on Wheat Bun, Tomato/Lettuce Slice, Caesar Salad, Spicy Watermelon Salad, Mayonnaise, Nut Cup*, Rocky Road Pudding*, Milk 1%
Wednesday	23	Vegetable Soup, Egg Salad on Flat Bread, Lettuce, Tomato, Apple Waldorf Salad*, Cantaloupe, Fruit and Nut Cup*, Milk 1%
Thursday	24	Chilled Seafood-Pasta Salad, Wheat Crackers, Cucumber Salad, Orange Wedges, Cherry Crisp, Milk 1%
Friday	25	Beef Goulash, Pea Salad, Wheat Roll, Butter, Melon Mix, Milk 1%
Monday	28	Chicken Ala King, Biscuit, 3 Bean Salad, Spinach Beet Salad, Red Grapes, Milk 1%
Tuesday	29	Meat Sauce over Spaghetti, Summer Vegetable Medley, Apple Wedges, Chocolate Brownie, Milk 1%
Wednesday	30	Braised Beef Tips, Mashed Potatoes, Broccoli, Wheat Biscuit, Butter, Watermelon, Milk 1%

Nutrition content of meals is reviewed by
Lorrie Wellman, RDNat 970-400-6118,
llwellman@weldgov.com.

Detailed nutritional values for the menu, nutrition education and nutrition counseling can also be provided upon request.



Need to order or cancel?

Please call the Windsor Rec Center by 10 a.m. the business day prior to the meal at (970)674-3500