

Friendly Fork Daily Menu

September 2023

*Contains nuts or may not be suitable for individuals with a nut allergy

Day	Date	Meal
Friday	1	Beef & Broccoli Stir Fry with Vegetable Brown Rice Pilaf and Side of Soy Sauce, Fresh Fruit Mix, Salted Nuts*, 1% Milk
Monday	4	*CLOSED in Honor of Labor Day*
Tuesday	5	Salisbury Steak & Mashed Potatoes with Beef Gravy, Wheat Roll with Butter, Steamed Peas, Diced Cantaloupe, 1% Milk
Wednesday	6	Beef & Pork Stew over Biscuit, Green Bean Almondine*, Banana, Chia Pudding, 1% Milk
Thursday	7	Chicken Breast with Gravy, Baked Potato with Side of Butter & Sour Cream, 3 Bean Salad, Blueberries, Molasses Cookie, 1% Milk
Friday	8	Krautburger with Side of Mustard, Potato Salad, Steamed Broccoli & Cauliflower, Cinnamon Applesauce, 1% Milk
Monday	11	Roasted Tilapia with Lemon Butter Sauce, Scalloped Potatoes, Turnip Vegetable Medley, Apple Slices, 5 Layer Dessert Bar*, 1% Milk
Tuesday	12	Chicken Parmesan over Whole Wheat Penne Pasta with Marinara, Caesar Salad, Watermelon, Chocolate Chip Cookie, 1% Milk
Wednesday	13	Hamburger on Bun with Lettuce, Onion, Tomato, Pickles, Side of Mayo, Mustard & Ketchup, Roasted Sweet Potatoes, Peas & Carrots, Pineapple, 1% Milk
Thursday	14	Beef Shepherd's Pie, Wheat Roll with Butter, Cheesy Cauliflower, Mixed Fresh Fruit, Carrot Cake, 1% Milk
Friday	15	Fried Pork Cutlet with Country Gravy, BBQ Baked Beans, Buttermilk Coleslaw, Banana, Lemon Crumb Bar, 1% Milk
Monday	18	Beef Tacos on Whole Wheat Tortillas with Cheese, Lettuce, Tomato, Side of Salsa & Sour Cream, Black Beans, Mixed Fresh Fruit, Chocolate Chip Cookie, 1% Milk

Tuesday	19	Pork Loin with Mushroom Gravy, Brown Sugar Glazed Sweet Potatoes, Beet Cucumber Salad, Fresh Fruit Mix, Ginger Pear Crisp, 1% Milk
Wednesday	20	Chicken & Dumplings, Corn Bread with Butter, Garlic Roasted Green Beans, Orange Slices, 1% Milk
Thursday	21	French Dip Sandwich with Side of Au Jus, Broccoli/ Olive/ Sundried Tomato Salad, Apple Slices, Chocolate Rice Krispy Treat, 1% Milk
Friday	22	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Wheat Roll with Butter, Corn O'Brien, Mandarin Oranges, 1% Milk
Monday	25	Chicken Salad Sandwich on Wheat with Lettuce & Tomato, Chicken Noodle Soup with Crackers, Capri Mixed Vegetables, Pear, 1% Milk
Tuesday	26	Beef Stew, Wheat Roll with Butter, Vegetable Pasta Salad, Orange Slices, Apple Crisp, 1% Milk
Wednesday	27	Austrian-Style Pork over Garlic Mashed Potatoes, Wheat Roll with Butter, Peas/ Mushrooms/ Bacon/ Onion Sauté, Mixed Fresh Fruit, 1% Milk
Thursday	28	Turkey & Cheddar Sandwich with Lettuce, Tomato, Side of Mustard & Mayo, Mandarin Orange Spinach Salad with Pumpkin Seeds*, Oil & Vinegar Dressing, Banana, Chia Pudding, 1% Milk
Friday	29	Herb Baked Chicken with Gravy, Balsamic Roasted Brussels Sprouts, Vegetables/ Black Olives/ Parmesan Pasta Salad, Grapes, Orange Vanilla Chia Pudding, 1% Milk

Nutrition content of meals is reviewed by Friendly Fork dietitian, Jessi Like. Contact information 970-400-6118 jlike@weld.gov. 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 Recreation Center front desk at 970-674-3500 by 9 am on the business day prior to the meal.

