

# Friendly Fork Evening Meal Menu

Dinner will be served at 5 pm on Tuesdays from May 15<sup>th</sup> through August 7<sup>th</sup> at both the Greeley Active Adult Center and the Hill 'N Park Senior Center. Reservations are required and must be made in advance by 11 am on the Monday prior to the meal by calling the site coordinator or the Nutrition Hotline 970.346.6955.

## Greeley Active Adult Center

1010 6th St  
970.350.9440

## Hill 'N Park Senior Center

4205 Yosemite Drive  
970.330.8619

Date	Meal	Nutritionals					
		Calories	Carbs	Fiber	Protein	Fat	Sodium
5/15	Krautburger, Mustard, German Potato Salad, Apple Waldorf Salad, Blueberry Crisp, Milk 1%	955	123.06	10	43.07	33.6	1160
5/23	Baked Potato Bar with Meat Chili, Sour Cream, Cheddar Cheese, Broccoli and Carrots, Fruit Salad, Chocolate Chip Cookie, Milk 1%	969	132.4	19.2	45.12	30.3	972
5/29	Beef Fajita, Pico De Gallo, Black Bean Salad, Spanish Rice, Tropical Fruit, Vanilla Pudding, Milk 1%	693	100.69	11.2	39.76	17.88	794
6/5	Rosemary Pork Loin, Mushroom Gravy, Roasted Vegetables, Wheat Roll, Butter, Tossed Salad with Garbanzo Beans, Fresh Strawberries, Milk 1%	685	68.86	11.1	39.93	29.25	912

6/12	Grilled Chicken on Bun, Mayonnaise, Lettuce, Tomato, Onion, Carrot Slaw, Melon Salad, Strawberry Banana Bar, Milk 1%	871	113.69	14	39.82	34.22	1124
6/19	Bacon Turkey Wrap, Broccoli & Cauliflower Salad, Melon & Strawberries, Fruit Nut Granola Bar, Milk 1%	779	100.5	11.9	36.62	30.18	1186
6/26	Chicken Taco, Pico De Gallo, Pinto Beans, Spanish Rice, Apple, Bananas, and Oranges, Fig Bar, Milk 1%	956	103.97	9.8	58.84	35.79	1029
7/3	Hamburger on Bun, Tomato, Onion, Lettuce, Creamy Potato Salad, Grapes, Fruit and Nut Cup, Ketchup, Mustard, Milk 1%	975	99.45	10.9	44.52	45.94	974
7/10	Meat Lasagna, Spinach Salad with Garbanzo Beans, Poppy Seed Dressing, Mandarin Orange, Apple, & Bananas, Fruit Nut Granola Bar, Milk 1%	1075	100.49	9.8	55.5	52.91	1104
7/17	Country Fried Steak with Gravy, Mashed Potatoes with Gravy, Broccoli, Rainbow Fruit, Wheat Roll, Butter, Milk 1%	1017	106.52	13.5	55.65	45.05	633
7/24	Salmon, Lemon Wedge, Tartar Sauce, Greek Salad, California Blend Vegetables, Peach Crisp, Milk 1%	969	90.06	10.8	46.46	47.67	850
7/31	Roast Turkey with Gravy, Apple Cranberry Dressing, Sweet Potatoes, Peaches, Milk 1%	884	97.34	13.5	53.3	35.67	705
8/7	French Dip, Au Jus Sauce, Oven Browned Potatoes, Creamy Coleslaw, Strawberries and Bananas, Milk 1%	888	84.29	11.8	52.78	39.02	749