

Friendly Fork Daily Menu

December 2023

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

Day	Date	Meal
Friday	1	Chicken Noodle Bake, California Blend Vegetables, Apricots, Morning Glory Muffin*, 1% Milk
Monday	4	Cranberry Harvest Chicken Breast, Mashed Sweet Potatoes, Corn Bread with Butter & Honey, Mixed Vegetables, Sliced Peaches, 1% Milk
Tuesday	5	Pork Loin with Gravy, Macaroni & Cheese, Roasted Eggplant/Zucchini/Pepper Blend, Orange Slices, Carrot Cake, 1% Milk
Wednesday	6	Beef & Cabbage Casserole, Mandarin Orange Spinach Salad with Italian Dressing & Pumpkin Seeds*, Dried Fruit & Nut Cup*, Cinnamon Applesauce, 1% Milk
Thursday	7	Honey Ginger Chicken over Jasmine Rice, Side of Soy Sauce, Bok Choy & Snow Pea Vegetable Blend, Apple Slices, Almond Cookie*, 1% Milk
Friday	8	Pulled Pork Sandwich, BBQ Baked Beans, Coleslaw, Diced Pears, 1% Milk
Monday	11	Oven Roasted Turkey Breast with Gravy and Side of Cranberry Orange Compote, Sage Stuffing with Gravy, Wheat Roll with Butter, Harvard Beets, Fresh Fruit Mix, 1% Milk
Tuesday	12	Mike Adams World Famous Chili, Cinnamon Roll, Baby Carrots, Crackers, 1% Milk
Wednesday	13	Prime Rib with Side of Horseradish Sauce, Au Gratin Potatoes, Five Spice Roasted Vegetables, Wheat Roll with Butter, Cranberry Dream Salad*, 1% Milk
Thursday	14	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Wheat Roll with Butter, Green Bean Almondine*, Blueberries, 1% Milk
Friday	15	Krautburger, Peas & Pearl Onions, Pineapple, Gelatin Parfait*, 1% Milk

No Friendly Fork meals December 18, 2023 thru January 2, 2024.

Meals will resume on January 3, 2024.

HAPPY HOLIDAYS!



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
970-674-3500 by 9 am on the business day prior to the meal.