

\*Contains nuts

## Friendly Fork Daily Menu

February 2022

Day	Date	Meal
Tuesday	1	BBQ Pork Spareribs, Corn on the Cob, Butter, Green Beans with Dill, Coleslaw with Pineapple, Milk 1%
Wednesday	2	Ham and Bean Soup, Wheat Crackers, 1/2 Chicken Salad on Wheat Sandwich, Broccoli Salad, Apple-Orange Wedges, Chocolate Chip Cookie, Milk 1%
Thursday	3	Chicken Parmesan, Penne Pasta with Marinara, Italian Vegetables, Breadstick, Fresh Orange, Milk 1%
Friday	4	Ginger Beef Pot Roast, Roasted Potatoes, Peas and Carrots, Morning Glory Muffin*, Pineapple-Grapes-Bananas, Butter, Milk 1%
Monday	7	Austrian Pork over Garlic Mashed Potatoes, Mixed Fruit with Apples, Wheat Roll, Butter, Nut Cup*, Milk 1%
Tuesday	8	Chicken Torta Sandwich, Spanish Brown Rice, Refried Beans, Mango Crisp, Milk 1%
Wednesday	9	Sloppy Joe on Bun, Baked Beans, Marinated Vegetable Salad, Cinnamon Applesauce, Milk 1%
Thursday	10	Hamburger, Wheat Bun, Tomato Slice-Lettuce-Onion, Ketchup, Mustard, Roasted Sweet Potatoes, Garlic Green Beans with Almonds*, Pineapple with Grapes, Milk 1%
Friday	11	Herb Baked Chicken Breast with Gravy, Red Mashed Potatoes with Tarragon, Gravy, Cheesy Cauliflower and Peas, Wheat Roll, Butter, Bananas-Apples-Oranges, Milk 1%
Monday	14	Salisbury Steak, Green Beans with Red Peppers, Baked Potato, Sour Cream, Butter, Creamy Fruit Salad, Milk 1%
Tuesday	15	Au Gratin Potatoes with Ham, Asparagus and Carrots, Chocolate Zucchini Muffin, Butter, Strawberries and Yogurt, Milk 1%

Wednesday	16	Beef and Bean Chili, Wheat Crackers, Broccoli-Cauliflower Salad with Honey Yogurt Dressing, Cinnamon Roll, Butter, Nut Cup*, Milk 1%
Thursday	17	Wheat Spaghetti and Meat Sauce, Green Bean Almondine*, Dill Roll, Butter, Orange Wedges, Milk 1%
Friday	18	Meatballs with Brown Gravy over Rotini, Zucchini and Stewed Tomatoes, Mandarin Oranges-Pineapple, Milk 1%
Monday	21	President's Day - no meals
Tuesday	22	Chicken Pesto Wrap, Spinach and Garbanzo Salad with Vinaigrette, Cranberry Applesauce, Nut Cup*, Milk 1%
Wednesday	23	Chicken Enchilada Casserole, Sour Cream, Spanish Brown Rice, Aztec Black Beans, Apple-Orange-Banana Salad, Milk 1%
Thursday	24	BBQ Brisket, Baked Beans, Coleslaw, Blueberry Crisp, Milk 1%
Friday	25	White Fish with Citrus-Tomatillo Sauce, Coleslaw, Red Beans and Rice, Fiesta Corn Bread, Honey, Butter, Pear Half, Milk 1%
Monday	28	Chicken and Dumplings, Glazed Baby Carrots, Ambrosia with Mandarin Oranges, Fruity Nut Bar, Milk 1%

Nutrition content of meals is reviewed by Lorrie Wellman, RDN at 970-400-6118, [llwellman@weldgov.com](mailto: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 by 11 am the business day prior to the meal by calling to the designated meal site or by calling the Nutrition Hotline at (970)400-6955