

Garfield County Older Adults Programs		March, 2026		Meal Sites: Glenwood Springs, Carbondale	
Monday	Tuesday	Wednesday	Thursday	Friday	
Parachute & New Castle	Glenwood Springs	Carbondale	Rifle	Glenwood Springs	
2 Breaded Pork Chop Mushroom Barley Lentil Pilaf Peas and Carrots Cinnamon Applesauce Orange Bread Pudding Milk	3 Glazed Ham Brussels Sprouts Scalloped Potatoes with Cheddar Apple Raisin Crisp Banana Milk	4 Chicken Fried Steak w/ Cream Mashed Potatoes Peas & Carrots Garden Salad Chocolate Brownie Cranberry Juice Milk	5 Asian Chicken Salad Whole Wheat Dinner Roll Cashews Apple Oatmeal Raisin Cookie Milk	6 Fried Catfish Fried Okra Mac and Cheese Corn Bread Banana Pudding Orange Juice & Apple Milk	
9 Chicken Pot Pie Cranberry Spinach Salad Apple Vanilla Ice Cream Milk	10 Sweet & Sour Beef Asian Slaw Stir Fry Vegetables Jasmine Rice Vegetable Egg Roll Almond Fortune Cookie Milk	11 Chicken Taco Salad Black Beans Corn Salsa & Tortilla strips Fresh Fruit Cup Orange Sherbert Milk	12 French Dip on Hoagie Roll Roasted Cauliflower Baked Apples Chocolate Cake Milk	13 Meat Lasagna Garlic Bread Roasted Vegetables Garden Salad w/ black beans Peach Cobbler Milk	
16 Corned Beef Cabbage and Carrots Roasted Rosemary Potatoes Garden Salad Apple Chocolate Cake, Milk <i>Saint Patrick's Day Meal</i>	17 BBQ Pulled Pork Blue Ribbon Slaw Grilled Sweet Potato Salad Oatmeal Raisin Cookies Apple Cranberry Juice Milk	18 Roasted Turkey Breast Mashed Potatoes & Gravy Green Beans Dark Chocolate Cupcake Banana Cranberry Juice Milk	19 Chicken Enchiladas w/ Sour Cream, Lettuce, Tomato Pinto Beans with Vegetables Fresh Mixed Fruit Cup Tres Leches Cake Milk	20 King Ranch Tex Mex Bowl Black Beans Spanish Rice Cinnamon & Sugar Churro Apple Milk	
23 Chicken Fried Steak w/ White Gravy Mashed Potatoes Baked Beans Green Beans w/ Almonds Strawberries Milk	24 Chicken Fried Steak w/ Cream Mashed Potatoes Peas & Carrots Garden Salad Multigrain Bread Chocolate Brownie, Apple Milk	25 Beef Brisket Mac and Cheese Baked Beans Coleslaw Banana Cranberry Juice Milk	26 Tuna Stuffed Tomato Broccoli Salad Whole Wheat Crackers Apple Cottage Cheese w/ Pineapple Milk	27 Beef Brisket Mac and Cheese Baked Beans Coleslaw Banana Cranberry Juice Milk	
30 White Bean Chicken Chili Wheat Dinner Roll w/ butter Broccoli and Carrots Orange Brownie Milk	31 Spaghetti & Meatballs Garlic Bread Italian Vegetable Medley Garden Salad Vanilla Cupcake Banana Milk		Menus are subject to change due to the availability of food. Reservation by noon 24 hours in advance Call the phone number at the bottom of the menu	Suggested Donation 60+ the recommended contribution for each meal is \$3.00. Participants are encouraged to pay as they are able. Guest Fees Under 60 & Caretakers - the fee is \$12.00	

****Allergen ingredient information available upon request****

This program is provided through cooperative efforts of the Garfield County Department of Human Services, the City of Rifle, the NW Colorado Agency on Aging, Town of Silt, Town of New Castle, Town of Carbondale, RFTA, City of Glenwood Springs, Valley Meals & More, donations by client contributions

MENU PREPARED & APPROVED BY Emily Stanton, RDN

Senior program staff: Jeff ext 3196, Jenny ext. 3275, Kappe ext. 3263

Silt: 665-0041 by Tuesday at 12:00 pm

Carbondale: 970-404-1193 By Tuesday 12:00 pm, **Glenwood Springs:** 970-404-1193 by Monday and Thursday at 12:00 pm

Rifle: 665-6540 by Monday, Wednesday & Thursday (for Friday) 12:00 pm, **Parachute:** 665-0041 by Friday and Tuesday at 12:00 pm

New Castle: 665-0041 by Friday at 12:00 pm

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Parachute & New Castle	Glenwood Springs	Carbondale	Rifle	Glenwood Springs	
2 Breaded Pork Chop Calories: 854 Protein: 45g Carbohydrates: 129g Fat: 19g Fiber: 17g Sodium: 480mg	3 Glazed Ham- chef's choice Calories: 605 Protein: 36 g Carbohydrates: 86 g Fat: 14 g Fiber: 11.4 g Sodium: 1425 mg	4 Chicken Fried Steak w/ Cream Calories: 1002 Protein: 32 g Carbohydrates: 126 g Fat: 41 g Fiber: 14 g Sodium: 780 mg	5 Asian Chicken Salad Calories: 930 Protein: 48g Carbohydrates: 84g Fat: 48g Fiber: 10g Sodium: 848mg	6 Fried Catfish Calories: 925 Protein: 34 g Carbohydrates: 127 g Fat: 32 g Fiber: 3 g Sodium: 985 mg	
9 Chicken Pot Pie Calories: 1,109 Protein: 52g Carbohydrates: 128g Fat: 45g Fiber: 14g Sodium: 1,235mg	10 Sweet & Sour Beef Calories: 789 Protein: 31 g Carbohydrates: 93 g Fat: 31 g Fiber: 10 g Sodium: 1179 mg	11 Chicken Taco Salad Calories: 1018 Protein: 62 g Carbohydrates: 110 g Fat: 37 g Fiber: 13 g Sodium: 859 g	12 French Dip Calories: 1,033 Protein: 52g Carbohydrates: 130g Fat: 36g Fiber: 10g Sodium: 760mg	13 Meat Lasagna Calories: 896 Protein: 40 g Carbohydrates: 97 g Fat: 38 g Fiber: 10 g Sodium: 1160 mg	
16 Corned Beef Calories: 792 Protein: 25g Carbohydrates: 96g Fat: 37g Fiber: 12g Sodium: 1,023mg	17 BBQ Pulled Pork Calories: 687 Protein: 23 g Carbohydrates: 129 g Fat: 20 g Fiber: 11 g Sodium: 1333 mg	18 Roasted Turkey Breast Calories: 613 Protein: 29 g Carbohydrates: 88 g Fat: 15 g Fiber: 7 g Sodium: 1058 mg	19 Chicken Enchiladas Calories: 1,037 Protein: 68g Carbohydrates: 131g Fat: 29g Fiber: 15g Sodium: 615mg	20 King Ranch Tex Mex Bowl Calories: 1030 Protein: 57 g Carbohydrates: 151 g Fat: 26 g Fiber: 23 g Sodium: 1013 mg	
23 Chicken Fried Steak Calories: 1,036 Protein: 80g Carbohydrates: 104g Fat: 33g Fiber: 17g Sodium: 590mg	24 Chicken Fried Steak w/ Cream Calories: 1207 Protein: 40 g Carbohydrates: 160 g Fat: 45 g Fiber: 17 g Sodium: 1150 mg	25 Beef Brisket Calories: 897 Protein: 45 g Carbohydrates: 253 g Fat: 21 g Fiber: 8.3 g Sodium: 1136 mg	26 Tuna Stuffed Tomato Calories: 809 Protein: 38g Carbohydrates: 103g Fat: 31g Fiber: 11g Sodium: 826mg	27 Beef Brisket Calories: 897 Protein: 45 g Carbohydrates: 253 g Fat: 21 g Fiber: 8.3 g Sodium: 1136 mg	
30 White Bean Chicken Chili Calories: 756 Protein: 32g Carbohydrates: 90g Fat: 33g Fiber: 14g Sodium: 569mg	31 Spaghetti & Meatballs Calories: 990 Protein: 36 g Carbohydrates: 142 g Fat: 32 g Fiber: 13 g Sodium: 895 g		Menus are subject to change due to the availability of food. Reservation by noon 24 hours in advance Call the phone number at the bottom of the menu	Suggested Donation 60+ the recommended contribution for each meal is \$3.00. Participants are encouraged to pay as they are able. Guest Fees Under 60 & Caretakers - the fee is \$12.00	

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