

Garfield County Older Adults Programs		March, 2026		Meal Sites: Parachute, Rifle, Silt, New Castle	
Monday	Tuesday	Wednesday	Thursday	Friday	
Parachute & New Castle	Rifle	Silt & Parachute	Rifle	Rifle	
<b>2 Breaded Pork Chop</b> Mushroom Barley Lentil Pilaf Peas and Carrots Cinnamon Applesauce Orange Bread Pudding Milk	<b>3 Turkey BLT</b> Sunflower Broccoli Salad Crackers Grapes Lemon Bar Milk	<b>4 Beef Lasagna</b> Whole Wheat Texas Roll Spinach Salad w/ Mandarin Oranges Clementine Cheesecake Milk	<b>5 Asian Chicken Salad</b> Whole Wheat Dinner Roll Cashews Apple Oatmeal Raisin Cookie Milk	<b>6 Broccoli Cheddar Soup</b> Chicken Salad on Wheat Bread w/ lettuce, tomato Whole Wheat Crackers Vanilla Yogurt Red Raspberries Milk	
<b>9 Chicken Pot Pie</b> Cranberry Spinach Salad Apple Vanilla Ice Cream Milk	<b>10 Hamburger Casserole</b> Green Beans Dinner Roll w/ butter Pear Confetti Cupcake Milk	<b>11 Chili</b> Cornbread Caesar Salad Strawberry Shortcake Milk	<b>12 French Dip</b> on Hoagie Roll Roasted Cauliflower Baked Apples Chocolate Cake Milk	<b>13 Pork Greek Wrap</b> Cucumber and Tomato Salad Fresh Mixed Fruit Chocolate Pudding Milk	
<b>16 Corned Beef</b> Cabbage and Carrots Roasted Rosemary Potatoes Garden Salad Apple Chocolate Cake, Milk <i>Saint Patrick's Day Meal</i>	<b>17 Corned Beef</b> Cabbage and Carrots Roasted Rosemary Potatoes Garden Salad Apple Chocolate Cake, Milk <i>Saint Patrick's Day Meal</i>	<b>18 Corned Beef</b> Cabbage and Carrots Roasted Rosemary Potatoes Garden Salad Apple Chocolate Cake, Milk <i>Saint Patrick's Day Meal</i>	<b>19 Chicken Enchiladas</b> w/ Sour Cream, Lettuce, Tomato Pinto Beans with Vegetables Fresh Mixed Fruit Cup Tres Leches Cake Milk	<b>20 Mexican Casserole</b> Spanish Rice Paprika Roasted Cauliflower Angel Food Cake w/ Strawberries & Whipped Cream Milk	
<b>23 Chicken Fried Steak</b> w/ White Gravy Mashed Potatoes Baked Beans Green Beans w/ Almonds Strawberries Milk	<b>24 Vegetable Beef Soup</b> Egg Salad on Whole Wheat Bread Cranberry Spinach Salad Fresh Fruit Cup Sugar Cookie Milk	<b>25 Hamburger on a Bun</b> w/ cheddar cheese, lettuce, tomato, onion, ketchup Garden Salad w/ Ranch Sweet Potato Fries Apple Milk	<b>26 Tuna Stuffed Tomato</b> Broccoli Salad Whole Wheat Crackers Apple Cottage Cheese w/ Pineapple Milk	<b>27 Chicken Pesto</b> Pasta Primavera Whole Wheat Dinner Roll Cranberry Spinach Salad Apple Milk	
<b>30 White Bean Chicken Chili</b> Wheat Dinner Roll w/ butter Broccoli and Carrots Orange Brownie Milk	<b>31 Pork Roast</b> w/ Pork Gravy Texas Roll w/ butter Five Way Mixed Vegetables Mashed Potatoes Baked Apples Milk		Menus are subject to change due to the availability of food. <b>Reservation by noon</b> <b>24 hours in advance</b> Call the phone number at the bottom of the menu	<b>Suggested Donation</b> 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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<b>2 Breaded Pork Chop</b> Calories: 854 Protein: 45g Carbohydrates: 129g Fat: 19g Fiber: 17g Sodium: 480mg	<b>3 Turkey BLT</b> Calories: 892 Protein: 28g Carbohydrates: 118g Fat: 36g Fiber: 9g Sodium: 786mg	<b>4 Beef Lasagna</b> Calories: 1,134 Protein: 54g Carbohydrates: 132g Fat: 46g Fiber: 13g Sodium: 1,105mg	<b>5 Asian Chicken Salad</b> Calories: 930 Protein: 48g Carbohydrates: 84g Fat: 48g Fiber: 10g Sodium: 848mg	<b>6 Broccoli Cheddar Soup</b> Calories: 774 Protein: 50g Carbohydrates: 90g Fat: 24g Fiber: 10g Sodium: 805mg	
<b>9 Chicken Pot Pie</b> Calories: 1,109 Protein: 52g Carbohydrates: 128g Fat: 45g Fiber: 14g Sodium: 1,235mg	<b>10 Hamburger Casserole</b> Calories: 1,161 Protein: 55g Carbohydrates: 127g Fat: 50g Fiber: 15g Sodium: 1,161mg	<b>11 Chili</b> Calories: 857 Protein: 46g Carbohydrates: 99g Fat: 32g Fiber: 16g Sodium: 1,146mg	<b>12 French Dip</b> Calories: 1,033 Protein: 52g Carbohydrates: 130g Fat: 36g Fiber: 10g Sodium: 760mg	<b>13 Pork Greek Wrap</b> Calories: 1,115 Protein: 69g Carbohydrates: 127g Fat: 37g Fiber: 12g Sodium: 1,144mg	
<b>16 Corned Beef</b> Calories: 792 Protein: 25g Carbohydrates: 96g Fat: 37g Fiber: 12g Sodium: 1,023mg	<b>17 Corned Beef</b> Calories: 792 Protein: 25g Carbohydrates: 96g Fat: 37g Fiber: 12g Sodium: 1,023mg	<b>18 Corned Beef</b> Calories: 792 Protein: 25g Carbohydrates: 96g Fat: 37g Fiber: 12g Sodium: 1,023mg	<b>19 Chicken Enchiladas</b> Calories: 1,037 Protein: 68g Carbohydrates: 131g Fat: 29g Fiber: 15g Sodium: 615mg	<b>20 Mexican Casserole</b> Calories: 695 Protein: 32g Carbohydrates: 70g Fat: 33g Fiber: 9g Sodium: 889mg	
<b>23 Chicken Fried Steak</b> Calories: 1,036 Protein: 80g Carbohydrates: 104g Fat: 33g Fiber: 17g Sodium: 590mg	<b>24 Vegetable Beef Soup</b> Calories: 990 Protein: 43g Carbohydrates: 118g Fat: 44g Fiber: 15g Sodium: 842mg	<b>25 Hamburger on a Bun</b> Calories: 841 Protein: 45g Carbohydrates: 97g Fat: 33g Fiber: 13g Sodium: 1,120mg	<b>26 Tuna Stuffed Tomato</b> Calories: 809 Protein: 38g Carbohydrates: 103g Fat: 31g Fiber: 11g Sodium: 826mg	<b>27 Chicken Pesto</b> Calories: 1,087 Protein: 54g Carbohydrates: 122g Fat: 46g Fiber: 17g Sodium: 989mg	
<b>30 White Bean Chicken Chili</b> Calories: 756 Protein: 32g Carbohydrates: 90g Fat: 33g Fiber: 14g Sodium: 569mg	<b>31 Pork Roast</b> Calories: 750 Protein: 31g Carbohydrates: 116g Fat: 21g Fiber: 15g Sodium: 529mg		Menus are subject to change due to the availability of food. <b>Reservation by noon            24 hours in advance</b> Call the phone number at the bottom of the menu	<b>Suggested Donation</b> 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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