

August 2026 | Meal sites: Glenwood Springs & Carbondale

Monday Parachute & New Castle	Tuesday Glenwood Springs	Wednesday Carbondale	Thursday Rifle	Friday Glenwood Springs
3 Taco Salad Cheese, Sour Cream, Salsa Steamed Brown Rice Pineapple Sugar Cookie	4 Potato Cheddar Pierogi Meat Sauce Corn & Spinach Hawaiian Roll Green Salad Chocolate Pudding	5 London Broil, au jus Broccoli Roasted Potato Green Salad Brownie Sundae	6 Maple Glazed Salmon Cranberry Spinach Salad Dinner Roll Apple Chocolate Pudding	7 Green Chili Chicken Broccoli Brown Rice Iceberg, Tomato, Cucumber Cheesecake
10 Beef Stroganoff on Noodles Whole Wheat Texas Roll California Mixed Vegetables Orange Red Velvet Cake	11 BBQ Chicken Mixed Vegetables Mac & Cheese Green Salad Brownie	12 Shrimp Scampi Pasta Mixed Vegetables Green Salad Cookie	13 Chicken Fajitas Cheese, Sour Cream, Salsa Field Greens Salad Mix Spanish Rice Black Beans French Vanilla Cake	14 Pork Roast Mushroom Onion Gravy Mashed Potatoes Green Salad Lemon Bars
17 Ham Croissant Sandwich Spinach Mandarin Salad Northwest Apple Salad Brownie	18 Tuna Salad On Wheat Bread w/ tomato, lettuce Vegetable Macaroni Salad Fruit Cocktail Cookie	19 Spaghetti & Meatballs Broccoli Garlic Bread Caesar Salad Tiramisu	20 Vegetable Beef Soup Egg Salad Sandwich Cranberry Spinach Salad Fresh Fruit Cup Sugar Cookie	21 Philly Cheesesteak Almond Green Beans Steak Fries Caesar Salad Chocolate Cake
24 Chicken Barley Casserole Wheat Dinner Roll California Blend Vegetables Apple Carrot Cake	25 Meat Loaf Peas & Carrots Mashed Potatoes & Gravy Green Salad Pound Cake & Cream	26 Chicken Fried Steak Peas & Carrots Mashed Potatoes and Gravy Dinner Roll Green Salad Chocolate Cake	27 Chicken Asian Salad Cashews Wheat Dinner Roll Apple Oatmeal Raisin Cookies	28 Chicken Marsala Pasta Mixed Vegetables Green Salad Cheesecake
31 Beef Broccoli Stir Fry Brown Rice Asian Cucumber Salad Cherry Crisp	Reservations for Rifle: 970-665-6540 New Castle, Parachute & Silt: 970-665-0041 24 hours in advance	Reservations for Glenwood Springs & Carbondale: 970-665-0041 48 hours in advance		

****Allergen ingredient information available upon request**** All meals served with milk

MENU PREPARED & APPROVED BY Emily Stanton, RDN.

More information is available at: www.garfieldcountycogov/human-services/senior-menu

Meal Feedback: Your experience matters to us. Please share any ideas for improvement, any dissatisfaction or any positive feedback about the meals & Nutrition program. Call us at 970-625-5282 ext. 4045 or email us at mealsfeedback@garfieldcountycogov.

Monday Parachute & New Castle	Tuesday Glenwood Springs	Wednesday Carbondale	Thursday Rifle	Friday Glenwood Springs
3 Taco Salad Calories: 822 Protein: 38g Carbohydrates: 115g Fat: 25g Fiber: 10g Sodium: 749mg	4 Potato Cheddar Pierogi Calories: 1,052 Protein: 53g Carbohydrates: 167g Fat: 20g Fiber: 17g Sodium: 1,332mg	5 London Broil, au jus Calories: 837 Protein: 46g Carbohydrates: 98g Fat: 32g Fiber: 11g Sodium: 642mg	6 Maple Glazed Salmon Calories: 1,158 Protein: 52g Carbohydrates: 108g Fat: 60g Fiber: 11g Sodium: 746mg	7 Green Chili Chicken Calories: 906 Protein: 57g Carbohydrates: 90g Fat: 37g Fiber: 11g Sodium: 848mg
10 Beef Stroganoff Calories: 1,055 Protein: 56g Carbohydrates: 109g Fat: 47g Fiber: 12g Sodium: 931mg	11 BBQ Chicken Calories: 1,373 Protein: 81g Carbohydrates: 121g Fat: 63g Fiber: 10g Sodium: 1,164mg	12 Shrimp Scampi Calories: 679 Protein: 50g Carbohydrates: 83g Fat: 18g Fiber: 10g Sodium: 712mg	13 Chicken Fajitas Calories: 841 Protein: 53g Carbohydrates: 124g Fat: 15g Fiber: 14g Sodium: 1,161mg	14 Pork Roast Calories: 1,015 Protein: 42g Carbohydrates: 117g Fat: 43g Fiber: 8g Sodium: 525mg
17 Ham Croissant Calories: 1,013 Protein: 28g Carbohydrates: 114g Fat: 51g Fiber: 9g Sodium: 1,174mg	18 Tuna Salad Calories: 1,181 Protein: 40g Carbohydrates: 166g Fat: 42g Fiber: 17g Sodium: mg	19 Spaghetti & Meatballs Calories: 1,235 Protein: 53g Carbohydrates: 111g Fat: 66g Fiber: 14g Sodium: 898mg	20 Vegetable Beef Soup Calories: 990 Protein: 43g Carbohydrates: 118g Fat: 44g Fiber: 15g Sodium: 842mg	21 Philly Cheesesteak Calories: 1,355 Protein: 65g Carbohydrates: 127g Fat: 67g Fiber: 14g Sodium: 1,312mg
24 Chkn Barley Casserole Calories: 759 Protein: 36g Carbohydrates: 101g Fat: 25g Fiber: 14g Sodium: 519mg	25 Meat Loaf Calories: 888 Protein: 45g Carbohydrates: 90g Fat: 39g Fiber: 8g Sodium: 531mg	26 Chicken Fried Steak Calories: 995 Protein: 39g Carbohydrates: 134g Fat: 36g Fiber: 10g Sodium: 1,342mg	27 Chicken Asian Salad Calories: 930 Protein: 48g Carbohydrates: 84g Fat: 48g Fiber: 10g Sodium: 848mg	28 Chicken Marsala Calories: 1,127 Protein: 52g Carbohydrates: 119g Fat: 46g Fiber: 9g Sodium: 799mg
31 Beef Broccoli Stir Fry Calories: 869 Protein: 49g Carbohydrates: 89g Fat: 37g Fiber: 10g Sodium: 590mg				