

August 2026 | Meal sites: Parachute, Rifle, Silt, New Castle

Monday Parachute & New Castle	Tuesday Rifle	Wednesday Parachute & Silt	Thursday Rifle	Friday Rifle
3 Taco Salad Cheese, Sour Cream, Salsa Steamed Brown Rice Pineapple Sugar Cookie	4 Potato Gnocchi Marinara Meat Sauce Garlic Bread Garlic Green Beans Pear Chocolate Pudding	5 Pork Chop Garlic Mashed Potatoes Pork Gravy Garlic Green Beans Apple Bread Pudding	6 Maple Glazed Salmon Cranberry Spinach Salad Dinner Roll Apple Chocolate Pudding	7 Green Chili Chicken Soup Brown Rice Sweet Corn Iceberg Salad, Blue Cheese Orange, Lemon Cupcake
10 Beef Stroganoff on Noodles Whole Wheat Texas Roll California Mixed Vegetables Orange Red Velvet Cake	11 BBQ Chicken Marinated Tomato Salad Baked Beans Whole Wheat Dinner Roll Apple Blueberry Crisp	12 Mexican Beef Casserole Spanish Rice Roasted Paprika Cauliflower Strawberries Angel Food Cake, Cream	13 Chicken Fajitas Cheese, Sour Cream, Salsa Field Greens Salad Mix Spanish Rice Black Beans French Vanilla Cake	14 Pork Roast Mashed Potatoes, Gravy Five-Way Mixed Vegetables Whole Wheat Texas Roll Baked Apples
17 Ham Croissant Sandwich Spinach Mandarin Salad Northwest Apple Salad Brownie	18 Tuna Salad Whole Wheat Bread w/ Lettuce, Tomato Orange and Beet Salad Orange, Vanilla Yogurt Chocolate Chip Cookie	19 Spaghetti & Meatballs Marinara Sauce Tossed Salad Mixed Fruit Cup Chocolate Chip Cookie	20 Vegetable Beef Soup Egg Salad Sandwich Cranberry Spinach Salad Fresh Fruit Cup Sugar Cookie	21 Open-Face Beef Sandwich Mashed Potatoes w/ Gravy California Mixed Vegetables Orange Key Lime Pie
24 Chicken Barley Casserole Wheat Dinner Roll California Blend Vegetables Apple Carrot Cake	25 Meatloaf Mashed Potatoes Brown Gravy Caesar Salad Squash Medley Pumpkin Bread	26 Chicken Fried Steak Mashed Potatoes, Gravy Almond Green Beans Orange Peaches and Cream	27 Chicken Asian Salad Cashews Wheat Dinner Roll Apple Oatmeal Raisin Cookies	28 Chicken Marsala Whole Wheat Pasta Italian Vegetable Blend Apple
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.garfieldcountyco.gov/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@garfieldcountyco.gov.

Monday Parachute & New Castle	Tuesday Rifle	Wednesday Parachute & Silt	Thursday Rifle	Friday Rifle
3 Taco Salad Calories: 822 Protein: 38g Carbohydrates: 115g Fat: 25g Fiber: 10g Sodium: 749mg	4 Potato Gnocchi Calories: 1,163 Protein: 47g Carbohydrates: 163g Fat: 39g Fiber: 20g Sodium: 1,217mg	5 Pork Chop Calories: 790 Protein: 44g Carbohydrates: 110g Fat: 22g Fiber: 12g Sodium: 513mg	6 Maple Glazed Salmon Calories: 1,158 Protein: 52g Carbohydrates: 108g Fat: 60g Fiber: 11g Sodium: 746mg	7 Green Chili Soup Calories: 733 Protein: 25g Carbohydrates: 120g Fat: 19g Fiber: 13g Sodium: 1,182mg
10 Beef Stroganoff Calories: 1,055 Protein: 56g Carbohydrates: 109g Fat: 47g Fiber: 12g Sodium: 931mg	11 BBQ Chicken Calories: 1,078 Protein: 52g Carbohydrates: 154g Fat: 29g Fiber: 18g Sodium: 888mg	12 Mexican Casserole Calories: 695 Protein: 32g Carbohydrates: 71g Fat: 33g Fiber: 9g Sodium: 889mg	13 Chicken Fajitas Calories: 841 Protein: 53g Carbohydrates: 124g Fat: 15g Fiber: 14g Sodium: 1,161mg	14 Pork Roast Calories: 750 Protein: 31g Carbohydrates: 116g Fat: 21g Fiber: 15g Sodium: 529mg
17 Ham Croissant Calories: 1,013 Protein: 28g Carbohydrates: 114g Fat: 51g Fiber: 9g Sodium: 1,174mg	18 Tuna Salad Calories: 983 Protein: 65g Carbohydrates: 107g Fat: 35g Fiber: 15g Sodium: 941mg	19 Spaghetti & Meatballs Calories: 934 Protein: 54g Carbohydrates: 115g Fat: 31g Fiber: 12g Sodium: 785mg	20 Vegetable Beef Soup Calories: 990 Protein: 43g Carbohydrates: 118g Fat: 44g Fiber: 15g Sodium: 842mg	21 Open-Face Sandwich Calories: 1,068 Protein: 48g Carbohydrates: 124g Fat: 44g Fiber: 12g Sodium: 599mg
24 Chkn Barley Casserole Calories: 759 Protein: 36g Carbohydrates: 101g Fat: 25g Fiber: 14g Sodium: 519mg	25 Meatloaf Calories: 983 Protein: 51g Carbohydrates: 95g Fat: 45g Fiber: 9g Sodium: 594mg	26 Chicken Fried Steak Calories: 989 Protein: 76g Carbohydrates: 94g Fat: 35g Fiber: 12g Sodium: 485mg	27 Chicken Asian Salad Calories: 930 Protein: 48g Carbohydrates: 84g Fat: 48g Fiber: 10g Sodium: 848mg	28 Chicken Marsala Calories: 725 Protein: 47g Carbohydrates: 102g Fat: 14g Fiber: 15g Sodium: 365mg
31 Beef Broccoli Stir Fry Calories: 869 Protein: 49g Carbohydrates: 89g Fat: 37g Fiber: 10g Sodium: 590mg				