

## April 2026 | Meal sites: Glenwood Springs, Carbondale

| Monday<br>Parachute & New Castle   | Tuesday<br>Glenwood Springs  | Wednesday<br>Carbondale  | Thursday<br>Rifle   | Friday<br>Glenwood Springs  |
|--|--|--|---|---|
|  |  | <b>1 Chicken Enchiladas</b><br>Refried Beans<br>Spanish Rice<br>Cinnamon Sugar Churro<br>Banana<br>Cranberry Juice             | <b>2 Beef Lasagna</b><br>Wheat Texas Roll<br>Spinach Salad w/ mandarins<br>Clementines<br>Cheesecake                                      | <b>3 Chicken Enchiladas</b><br>Refried Beans<br>Spanish Rice<br>Cinnamon Sugar Churro<br>Banana<br>Cranberry Juice              |
| <b>6 Baked Easter Ham</b><br>Scalloped Potatoes<br>Sunflower Broccoli Salad<br>Wheat Dinner Roll<br>Orange<br>Peach Crisp            | <b>7 Beef and Bean Chili Baked Potato</b><br>Steamed Broccoli<br>Cheese Sauce, Sour Cream<br>Dark Chocolate Cupcake<br>Apple       | <b>8 Southern Meatloaf</b><br>Mashed Potato w/ Gravy<br>Steamed Broccoli<br>Multigrain Roll<br>Dark Chocolate Cupcake<br>Apple | <b>9 Chicken Cali Wrap</b><br>Cranberry Walnut Coleslaw<br>Potato Chips<br>Orange<br>Snickerdoodle Cookie                                 | <b>10 Southern Meatloaf</b><br>Mashed Potato w/ Gravy<br>Steamed Broccoli<br>Multigrain Roll<br>Dark Chocolate Cupcake<br>Apple |
| <b>13 Chicken Parmesan</b><br>Wheat Spaghetti Pasta<br>Marinara Sauce<br>Wheat Garlic Bread<br>Tossed Salad<br>Orange                | <b>14 Tex Mex Chicken</b><br>Black Beans<br>Spanish Rice<br>Cinnamon Sugar Churro<br>Apple<br>Cranberry Juice                      | <b>15 Spaghetti &amp; Meatballs</b><br>Garlic Bread<br>Italian Vegetable Medley<br>Garden Salad<br>Banana<br>Vanilla Cupcake   | <b>16 Pork Chow Mein</b><br>Vegetable Egg Roll<br>Asian Cucumber Salad<br>Orange<br>Fortune Cookie  | <b>17 Spaghetti &amp; Meatballs</b><br>Garlic Bread<br>Italian Vegetable Medley<br>Garden Salad<br>Banana<br>Vanilla Cupcake    |
| <b>20 Shepard's Pie</b><br>Wheat Dinner Roll w/ butter<br>Broccoli & Cauliflower<br>Pear   | <b>21 Salisbury Steak</b><br>Mashed Potatoes<br>Beef Gravy<br>Roasted Vegetables<br>Multigrain Roll<br>Banana<br>Chocolate Brownie | <b>22 Chicken Stir Fry</b><br>Asian Vegetables<br>Vegetable Egg Roll<br>Jasmine Rice<br>Asian Slaw<br>Apple<br>Almond Cookie   | <b>23 Beef Hot Dog</b><br>on Wheat Bun w/ onion<br>Potato Chips<br>Macaroni & Cheese<br>Fruit Cocktail, Orange Juice<br>Chocolate Brownie | <b>24 Chicken Stir Fry</b><br>Asian Vegetables<br>Vegetable Egg Roll<br>Jasmine Rice<br>Asian Slaw<br>Apple<br>Almond Cookie    |
| <b>27 Broccoli Cheddar Soup</b><br>Chicken Salad Sandwich w/ tomato & lettuce<br>Whole wheat crackers<br>Vanilla yogurt, Raspberries | <b>28 BBQ Pulled Pork</b><br>Blue Ribbon Slaw<br>Country Style Potato Salad<br>Baked Beans<br>Banana<br>Cranberry Juice            | <b>29 BBQ Pulled Pork</b><br>Blue Ribbon Slaw<br>Country Style Potato Salad<br>Baked Beans<br>Banana<br>Cranberry Juice        | <b>30 Turkey Taco Bowl</b><br>w/ sour cream, cheese<br>Tortilla Chips<br>Banana<br>Confetti Cupcake                                       |   |

\*\*Allergen ingredient information available upon request\*\* All meals served with milk MENU PREPARED & APPROVED BY Emily Stanton, RDN.  
 reservation and contact information available at: [www.garfieldcountyco.gov/human-services/senior-menu](http://www.garfieldcountyco.gov/human-services/senior-menu)

| Monday<br>Parachute & New Castle   | Tuesday<br>Glenwood Springs  | Wednesday<br>Carbondale  | Thursday<br>Rifle   | Friday<br>Glenwood Springs   |
|--|--|--|---|--|
|  |  | <b>1 Chicken Enchiladas</b><br>Calories: 819<br>Protein: 32g<br>Carbohydrates: 130g<br>Fat: 21g<br>Fiber: 14g<br>Sodium: 923mg         | <b>2 Beef Lasagna</b><br>Calories: 1,134<br>Protein: 54g<br>Carbohydrates: 132g<br>Fat: 46g<br>Fiber: 13g<br>Sodium: 1,105mg  | <b>3 Chicken Enchiladas</b><br>Calories: 819<br>Protein: 32g<br>Carbohydrates: 130g<br>Fat: 21g<br>Fiber: 14g<br>Sodium: 923mg         |
| <b>6 Baked Easter Ham</b><br>Calories: 1,035<br>Protein: 33 g<br>Carbohydrates:124g<br>Fat:47 g<br>Fiber:11g<br>Sodium:1,135mg | <b>7 Chili Baked Potato</b><br>Calories: 588<br>Protein: 18g<br>Carbohydrates: 112g<br>Fat: 18g<br>Fiber: 9g<br>Sodium: 453mg  | <b>8 Southern Meatloaf</b><br>Calories: 949<br>Protein: 40g<br>Carbohydrates: 125g<br>Fat: 31g<br>Fiber: 9g<br>Sodium: 932mg           | <b>9 Chicken Cali Wrap</b><br>Calories: 943<br>Protein: 26g<br>Carbohydrates: 114g<br>Fat: 46g<br>Fiber: 17g<br>Sodium: 739mg | <b>10 Southern Meatloaf</b><br>Calories: 949<br>Protein: 40g<br>Carbohydrates: 125g<br>Fat: 31g<br>Fiber: 9g<br>Sodium: 932mg          |
| <b>13 Chicken Parmesan</b><br>Calories: 846<br>Protein: 57g<br>Carbohydrates: 105g<br>Fat: 23g<br>Fiber: 15g<br>Sodium: 879mg  | <b>14 Tex Mex Chicken</b><br>Calories: 822<br>Protein: 38g<br>Carbohydrates: 115g<br>Fat: 25g<br>Fiber: 10g<br>Sodium: 749mg   | <b>15 Spaghetti &amp; Meatballs</b><br>Calories: 865<br>Protein: 34g<br>Carbohydrates: 199g<br>Fat: 23g<br>Fiber: 13g<br>Sodium: 690mg | <b>16 Pork Chow Mein</b><br>Calories: 694<br>Protein: 34g<br>Carbohydrates: 87g<br>Fat: 24g<br>Fiber: 11g<br>Sodium: 771mg    | <b>17 Spaghetti &amp; Meatballs</b><br>Calories: 865<br>Protein: 34g<br>Carbohydrates: 199g<br>Fat: 23g<br>Fiber: 13g<br>Sodium: 690mg |
| <b>20 Shepard's Pie</b><br>Calories: 779<br>Protein: 37g<br>Carbohydrates: 84g<br>Fat: 36g<br>Fiber: 14g<br>Sodium: 620mg      | <b>21 Salisbury Steak</b><br>Calories: 934<br>Protein: 54g<br>Carbohydrates: 115g<br>Fat: 31g<br>Fiber: 12g<br>Sodium: 785 mg  | <b>22 Chicken Stir Fry</b><br>Calories: 851<br>Protein: 44g<br>Carbohydrates: 99g<br>Fat: 30g<br>Fiber: 10g<br>Sodium: 1,004mg         | <b>23 Beef Hot Dog</b><br>Calories: 1,329<br>Protein: 46g<br>Carbohydrates: 173g<br>Fat: 53g<br>Fiber: 10g<br>Sodium: 1,327mg | <b>24 Chicken Stir Fry</b><br>Calories: 851<br>Protein: 44g<br>Carbohydrates: 99g<br>Fat: 30g<br>Fiber: 10g<br>Sodium: 1,004mg         |
| <b>27 Broccoli Cheddar</b><br>Calories: 774<br>Protein: 50g<br>Carbohydrates: 90g<br>Fat: 24g<br>Fiber: 10g<br>Sodium: 805mg   | <b>28 BBQ Pulled Pork</b><br>Calories: 661<br>Protein: 27g<br>Carbohydrates: 103g<br>Fat: 16g<br>Fiber: 10g<br>Sodium: 1,207mg | <b>29 BBQ Pulled Pork</b><br>Calories: 661<br>Protein: 27g<br>Carbohydrates: 103g<br>Fat: 16g<br>Fiber: 10g<br>Sodium: 1,207mg         | <b>30 Turkey Taco Bowl</b><br>Calories: 959<br>Protein: 42g<br>Carbohydrates: 128g<br>Fat: 33g<br>Fiber: 9g<br>Sodium: 964mg  |  |