

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

Monday Parachute & New Castle	Tuesday Rifle	Wednesday Parachute & Silt	Thursday Rifle	Friday Rifle
		1 Cobb Salad Wheat Dinner Roll, butter Vanilla Yogurt Apple Brownie	2 Beef Lasagna Wheat Texas Roll Spinach Salad w/ mandarins Clementines Cheesecake	3 BBQ Chicken Marinated Tomato Salad Baked Beans Wheat Dinner Roll Apple Blueberry Crisp
6 Baked Easter Ham Scalloped Potatoes Sunflower Broccoli Salad Wheat Dinner Roll Orange Peach Crisp	7 Baked Easter Ham Scalloped Potatoes Sunflower Broccoli Salad Wheat Dinner Roll Orange Peach Crisp	8 Baked Easter Ham Scalloped Potatoes Sunflower Broccoli Salad Wheat Dinner Roll Orange Peach Crisp	9 Chicken Cali Wrap Cranberry Walnut Coleslaw Potato Chips Orange Snickerdoodle Cookie	10 Turkey BLT Sunflower Broccoli Salad Whole Wheat Crackers Red Grapes Lemon Bar
13 Chicken Parmesan Wheat Spaghetti Pasta Marinara Sauce Wheat Garlic Bread Tossed Salad Orange	14 Chicken Fried Steak w/ white gravy Mashed Potatoes Green Beans w/ Almonds Wheat Dinner Roll Peaches w/ whipped cream	15 Chicken Fried Steak w/ white gravy Mashed Potatoes Green Beans w/ Almonds Wheat Dinner Roll Peaches w/ whipped cream	16 Pork Chow Mein Vegetable Egg Roll Asian Cucumber Salad Orange Fortune Cookie	17 Salmon Salad w/ Maple Glazed Salmon Spinach Cranberry Salad Wheat Dinner Roll, butter Apple Chocolate Pudding
20 Shepard's Pie Wheat Dinner Roll w/ butter Broccoli & Cauliflower Pear	21 Chicken Barley Chili Wheat Dinner Roll Apple Spinach Salad Orange Snickerdoodle Cookie	22 Pork Roast w/ Pork Gravy Mashed Potatoes Five-Way Mixed Vegetables Wheat Texas Roll, butter Baked Apples	23 Beef Hot Dog on Wheat Bun w/ onion Potato Chips Macaroni & Cheese Fruit Cocktail, Orange Juice Chocolate Brownie	24 Egg Salad Sandwich on Whole Wheat Bread Orange Spinach Berry Salad Sunflower Seeds Cottage Cheese w/ Peaches Brownie
27 Broccoli Cheddar Soup Chicken Salad Sandwich w/ tomato & lettuce Whole wheat crackers Vanilla yogurt, Raspberries	28 Beef Fajitas w/ lettuce, tomato, cheese, sour cream Tortilla Pinto beans w/ vegetables Brownie	29 Ham Salad Sandwich Sunflower Broccoli Salad Whole Wheat Roll Apple Sugar Cookie	30 Turkey Taco Bowl w/ sour cream, cheese Tortilla Chips Banana 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

Monday Parachute & New Castle	Tuesday Rifle	Wednesday Parachute & Silt	Thursday Rifle	Friday Rifle
		1 Cobb Salad Calories: 1,138 Protein: 70g Carbohydrates: 116g Fat: 46g Fiber: 10g Sodium: 916mg	2 Beef Lasagna Calories: 1,134 Protein: 54g Carbohydrates: 132g Fat: 46g Fiber: 13g Sodium: 1,105mg	3 BBQ Chicken Calories: 1,078 Protein: 52g Carbohydrates: 154g Fat: 29g Fiber: 18g Sodium: 888mg
6 Baked Easter Ham Calories: 1,035 Protein: 33 g Carbohydrates: 124g Fat: 47 g Fiber: 11g Sodium: 1,135mg	7 Baked Easter Ham Calories: 1,035 Protein: 33 g Carbohydrates: 124 g Fat: 47 g Fiber: 11 g Sodium: 1,135 mg	8 Baked Easter Ham Calories: 1,035 Protein: 33 g Carbohydrates: 124 g Fat: 47 g Fiber: 11 g Sodium: 1,135 mg	9 Chicken Cali Wrap Calories: 943 Protein: 26g Carbohydrates: 114g Fat: 46g Fiber: 17g Sodium: 739mg	10 Turkey BLT Calories: 892 Protein: 28g Carbohydrates: 118g Fat: 36g Fiber: 9g Sodium: 786mg
13 Chicken Parmesan Calories: 846 Protein: 57g Carbohydrates: 105g Fat: 23g Fiber: 15g Sodium: 879mg	14 Chicken Fried Steak Calories: 997 Protein: 77g Carbohydrates: 95g Fat: 35g Fiber: 11g Sodium: 672mg	15 Chicken Fried Steak Calories: 997 Protein: 77g Carbohydrates: 95g Fat: 35g Fiber: 11g Sodium: 672mg	16 Pork Chow Mein Calories: 694 Protein: 34g Carbohydrates: 87g Fat: 24g Fiber: 11g Sodium: 771mg	17 Salmon Salad Calories: 1,158 Protein: 52g Carbohydrates: 108g Fat: 21g Fiber: 11g Sodium: 746mg
20 Shepard's Pie Calories: 779 Protein: 37g Carbohydrates: 84g Fat: 36g Fiber: 14g Sodium: 620mg	21 Chicken Barley Chili Calories: 905 Protein: 39g Carbohydrates: 104g Fat: 40g Fiber: 16g Sodium: 1,126 mg	22 Pork Roast Calories: 750 Protein: 31 g Carbohydrates: 116 g Fat: 21 g Fiber: 15 g Sodium: 529mg	23 Beef Hot Dog Calories: 1,329 Protein: 46g Carbohydrates: 173g Fat: 53g Fiber: 10g Sodium: 1,327mg	24 Egg Salad Sandwich Calories: 1,073 Protein: 39 g Carbohydrates: 95g Fat: 65g Fiber: 12.5g Sodium: 854mg
27 Broccoli Cheddar Calories: 774 Protein: 50g Carbohydrates: 90g Fat: 24g Fiber: 10g Sodium: 805mg	28 Beef Fajitas Calories: 1,099 Protein: 58g Carbohydrates: 137g Fat: 38g Fiber: 20g Sodium: 816mg	29 Ham Salad Sandwich Calories: 677 Protein: 23 g Carbohydrates: 73g Fat: 34g Fiber: 9g Sodium: 920mg	30 Turkey Taco Bowl Calories: 959 Protein: 42g Carbohydrates: 128g Fat: 33g Fiber: 9g Sodium: 964mg	