

July 2026 | Meal sites: Glenwood Springs & Carbondale

Monday Parachute & New Castle	Tuesday Glenwood Springs	Wednesday Carbondale	Thursday Rifle	Friday Glenwood Springs
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	1 Orange Chicken Vegetable Stir Fry Cashew Veggie Fried Rice Pork Dumplings Asian Green Salad Chocolate Cake	2 Meatball Marinara Subs Garlic Green Beans Potato Salad Cherry Crisp	3 Day Before the 4 th of July County Holiday
6 Baked Ham Roasted Sweet Potatoes Green Beans Cranberry Gelatin Pecan Pie	7 Rigatoni Meat Sauce Mixed Vegetables Garlic Bread Caesar Salad Pound Cake, Strawberries, and Cream	8 Eggplant Parmesan Herbed Squash Pasta Bechamel Green Salad Tiramisu	9 Turkey Taco Bowl Sour Cream & Cheese Tortilla Chips Banana Confetti Cupcakes	10 Creole Shrimp Vegetable Medley Dirty Rice Green Salad Cookie
13 Smothered Burrito lettuce, tomato, sour cream Cilantro Lime Brown Rice Sauteed Brussels Sprouts & Bell Peppers Mixed Berries	14 Chicken Salad Lettuce, tomato, and onion Baguette Macaroni Salad Red leaf, olive, feta salad Ice Cream Sundae	15 Grilled Salmon w/ Caper Cream Roasted Cauliflower Brown Rice Green Salad Sheet Cake	16 Chicken Noodle Soup Whole Wheat Roll Caesar Salad Apple Chocolate Cake	17 Beef Wellington w/ Horseradish Cream Mixed Vegetables Roasted Potato Green Salad Munchkins
20 Chicken Fried Steak Mashed Potatoes, Gravy Green Beans w/ Almonds Wheat Dinner Roll Peaches & Cream	21 Herb Roasted Chicken Grilled Squash Pasta Marinara Caesar Salad Lemon Bar	22 Beef Tips w/ Mushroom Gravy Mixed Vegetables Mashed Potatoes Redleaf, Bleu Cheese Salad Bread Pudding	23 BLT (bacon, lettuce, tomato on wheat bread) Tomato Cucumber Salad Potato Salad Fresh Fruit Almond Biscotti	24 Pot Roast Carrots, onions, celery Parley Potatoes Green Salad Cheesecake
27 Supreme Pizza Tossed Salad w/ Lemon Basil Dressing Northwest Apple Salad Jell-O	28 Sausage Biscuit Gravy Spinach & Corn Breakfast Potato Fruit & Cottage Cheese Chocolate Éclair	29 Egg Salad Bagel Green Pea Salad w/ Bacon Vegetable Pasta Salad Brownie	30 Cobb Salad Wheat Dinner Roll Apple Vanilla Yogurt Brownie	31 BBQ Pulled Pork Mixed Vegetables Mashed Potatoes Green Salad Cookie

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.

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		1 Orange Chicken Calories: 1,048 Protein: 41g Carbohydrates: 140g Fat: 43g Fiber: 8g Sodium: 889mg	2 Meatball Marinara Subs Calories: 812 Protein: 39g Carbohydrates: 104g Fat: 29g Fiber: 13g Sodium: 1,113mg	3 Day Before the 4 th of July County Holiday
6 Baked Ham Calories: 1,003 Protein: 33g Carbohydrates: 136g Fat: 37g Fiber: 9g Sodium: 1,207mg	7 Rigatoni Meat Sauce Calories: 1,261 Protein: 57g Carbohydrates: 131g Fat: 58g Fiber: 20g Sodium: 799mg	8 Eggplant Parmesan Calories: 1,507 Protein: 53g Carbohydrates: 163g Fat: 73g Fiber: 14g Sodium: 929mg	9 Turkey Taco Bowl Calories: 959 Protein: 42g Carbohydrates: 128g Fat: 33g Fiber: 9g Sodium: 964mg	10 Creole Shrimp Calories: 1,256 Protein: 52g Carbohydrates: 151g Fat: 51g Fiber: 11g Sodium: 871mg
13 Smothered Burrito Calories: 1,079 Protein: 50g Carbohydrates: 149g Fat: 33g Fiber: 27g Sodium: 973mg	14 Chicken Salad Calories: 1,125 Protein: 45g Carbohydrates: 155g Fat: 37g Fiber: 13g Sodium: 1,481mg	15 Grilled Salmon Calories: 947 Protein: 46g Carbohydrates: 103g Fat: 40g Fiber: 7g Sodium: 527mg	16 Chicken Noodle Soup Calories: 907 Protein: 54g Carbohydrates: 97g Fat: 34g Fiber: 10g Sodium: 947mg	17 Beef Wellington Calories: 1,172 Protein: 54g Carbohydrates: 111g Fat: 57g Fiber: 10g Sodium: 909mg
20 Chicken Fried Steak Calories: 997 Protein: 77g Carbohydrates: 95g Fat: 35g Fiber: 11g Sodium: 672mg	21 Herb Roasted Chicken Calories: 1,338 Protein: 64g Carbohydrates: 173g Fat: 46g Fiber: 18g Sodium: 1,117mg	22 Beef Tips Calories: 1,170 Protein: 57g Carbohydrates: 85g Fat: 68g Fiber: 6g Sodium: 1,251mg	23 BLT Calories: 724 Protein: 25g Carbohydrates: 96g Fat: 29g Fiber: 13g Sodium: 978mg	24 Pot Roast Calories: 830 Protein: 45g Carbohydrates: 85g Fat: 37g Fiber: 10g Sodium: 714mg
27 Supreme Pizza Calories: 825 Protein: 46g Carbohydrates: 90g Fat: 34g Fiber: 12g Sodium: 990mg	28 Sausage Biscuit Gravy Calories: 1,436 Protein: 48g Carbohydrates: 188g Fat: 61g Fiber: 18g Sodium: 1,077mg	29 Egg Salad Calories: 1,245 Protein: 42g Carbohydrates: 147g Fat: 57g Fiber: 14g Sodium: 958mg	30 Cobb Salad Calories: 1,138 Protein: 70g Carbohydrates: 116g Fat: 46g Fiber: 10g Sodium: 916mg	31 BBQ Pulled Pork Calories: 956 Protein: 36g Carbohydrates: 127g Fat: 34g Fiber: 10.5g Sodium: 705mg