

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

Monday Parachute & New Castle	Tuesday Rifle	Wednesday Parachute & Silt	Thursday Rifle	Friday Rifle
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 Basmati Rice Egg Roll Whole Grain Bread Stir Fry Vegetables Doughnut hole	2 Meatball Marinara Sub Garlic Green Beans Potato Salad Cherry Crisp	3 Day Before 4th of July County Holiday
6 Baked Ham Roasted Sweet Potatoes Green Beans Cranberry Gelatin Pecan Pie	7 Beef Lasagna Texas Roll, Whole Wheat Spinach Salad w/ Mandarins Clementines Cheesecake	8 Baked Rigatoni w/ Meat Sauce Honey Wheat Roll Peas & Carrots Caesar Salad Chocolate Pudding	9 Turkey Taco Bowl Sour Cream & Cheese Tortilla Chips Banana Confetti Cupcakes	10 Chicken Caprese Penne Pasta Tossed Salad w/ Balsamic Vinaigrette Orange Apple Pie
13 Smothered Burrito lettuce, tomato, sour cream Cilantro Lime Brown Rice Sauteed Brussel Sprouts & Bell Peppers Mixed Berries	14 Chicken Salad on Croissant w/ Lettuce, Tomato Walnut Berry Salad Apple Orange Jello-o	15 Maple Glazed Salmon Wheat Texas Roll Roasted Rosemary Potatoes Roasted Broccoli Parmesan Mixed Berries Vanilla Ice Cream	16 Chicken Noodle Soup Whole Wheat Roll Caesar Salad Apple Chocolate Cake	17 Open-Face Beef Sandwich Mashed Potatoes w/ Gravy California Mixed Vegetables Orange Key Lime Pie
20 Chicken Fried Steak Mashed Potatoes, Gravy Green Beans w/ Almonds Wheat Dinner Roll Peaches & Cream	21 Herb Roasted Chicken Carrots, Celery, & Onions Parsley Buttered Potatoes Mixed Green Salad Strawberries, Banana Bread Cranberry Apple Juice	22 Mushroom Swiss Burger on wheat bun w/ mushroom, lettuce, tomato, Swiss cheese Creamy Coleslaw Baked Beans Mixed Fruit	23 BLT (bacon, lettuce, tomato on wheat bread) Tomato Cucumber Salad Potato Salad Fresh Fruit Almond Biscotti	24 Pork Roast Mashed Potatoes w/ Gravy Wheat Texas Roll Five-Way Mixed Vegetables Baked Apples
27 Supreme Pizza Tossed Salad w/ Lemon Basil Dressing Northwest Apple Salad Jell-O	28 Biscuits & Gravy Pork Sausage Roasted Herb Potatoes Peppers, Onions, Spinach Yogurt Parfait, Orange	29 Egg Salad Sandwich Orange Spinach Berry Salad Sunflower Seeds Cottage Cheese w/ Peaches Brownie	30 Cobb Salad Wheat Dinner Roll Apple Vanilla Yogurt Brownie	31 BBQ Chicken Marinated Tomato Salad Baked Beans Wheat Dinner Roll Apple Blueberry Crisp

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
		1 Orange Chicken Calories: 1,016 Protein: 54g Carbohydrates: 137g Fat: 28g Fiber: 9g Sodium: 776mg	2 Meatball Marinara Sub Calories: 812 Protein: 39g Carbohydrates: 104g Fat: 29g Fiber: 13g Sodium: 1,113mg	3 Day Before 4th of July County Holiday
6 Baked Ham Calories: 1,003 Protein: 33g Carbohydrates: 136g Fat: 37g Fiber: 9g Sodium: 1,207mg	7 Beef Lasagna Calories: 1,134 Protein: 54g Carbohydrates: 132g Fat: 46g Fiber: 13g Sodium: 1,105mg	8 Baked Rigatoni Calories: 896 Protein: 47g Carbohydrates: 119g Fat: 27g Fiber: 13g Sodium: 1,234mg	9 Turkey Taco Bowl Calories: 959 Protein: 42g Carbohydrates: 128g Fat: 33g Fiber: 9g Sodium: 964mg	10 Chicken Caprese Calories: 1,278 Protein: 62g Carbohydrates: 143g Fat: 54g Fiber: 12g Sodium: 1,262mg
13 Smothered Burrito Calories: 1,079 Protein: 50g Carbohydrates: 149g Fat: 33g Fiber: 27g Sodium: 973mg	14 Chicken Salad Calories: 1,019 Protein: 37g Carbohydrates: 109g Fat: 51g Fiber: 11g Sodium: 1,106mg	15 Maple Glazed Salmon Calories: 1,129 Protein: 56g Carbohydrates: 99g Fat: 55g Fiber: 13g Sodium: 748mg	16 Chicken Noodle Soup Calories: 907 Protein: 54g Carbohydrates: 97g Fat: 34g Fiber: 10g Sodium: 947mg	17 Beef Sandwich Calories: 1,068 Protein: 48g Carbohydrates: 124g Fat: 44g Fiber: 12g Sodium: 599mg
20 Chicken Fried Steak Calories: 997 Protein: 77g Carbohydrates: 95g Fat: 35g Fiber: 11g Sodium: 672mg	21 Herb Roasted Chicken Calories: 750 Protein: 44g Carbohydrates: 94g Fat: 24g Fiber: 10g Sodium: 920mg	22 Mushroom Swiss Burger Calories: 1,158 Protein: 94g Carbohydrates: 90g Fat: 47g Fiber: 17g Sodium: 966mg	23 BLT Calories: 724 Protein: 25g Carbohydrates: 96g Fat: 29g Fiber: 13g Sodium: 978mg	24 Pork Roast Calories: 750 Protein: 31g Carbohydrates: 116g Fat: 21g Fiber: 15g Sodium: 529mg
27 Supreme Pizza Calories: 825 Protein: 46g Carbohydrates: 90g Fat: 34g Fiber: 12g Sodium: 990mg	28 Biscuits & Gravy Calories: 1,056 Protein: 43g Carbohydrates: 130g Fat: 44g Fiber: 16g Sodium: 1,199mg	29 Egg Salad Sandwich Calories: 1,073 Protein: 39g Carbohydrates: 95g Fat: 65g Fiber: 13g Sodium: 854mg	30 Cobb Salad Calories: 1,138 Protein: 70g Carbohydrates: 116g Fat: 46g Fiber: 10g Sodium: 916mg	31 BBQ Chicken Calories: 1,078 Protein: 52g Carbohydrates: 154g Fat: 29g Fiber: 18g Sodium: 888mg