

June 2026 | Meal sites: Glenwood Springs & Carbondale

Monday Parachute & New Castle	Tuesday Glenwood Springs	Wednesday Carbondale	Thursday Rifle	Friday Glenwood Springs
1 Pork Tenderloin Mashed Potatoes, Gravy Roasted Vegetables Orange Vanilla Cupcake	2 BBQ Pulled Pork Mac & Cheese Roasted Corn Cornbread Lemon Bar & Banana Cranberry Juice	3 BBQ Pulled Pork Mac & Cheese Roasted Corn Cornbread Lemon Bar & Banana Cranberry Juice	4 Roast Beef Sandwich On Whole Wheat Bread Mashed Potatoes, Gravy California Mixed Vegetables Orange Key Lime Pie	5 Spaghetti & Meatballs Garlic Bread Italian Vegetable Medley Garden Salad Tiramisu & Apple Orange Juice
8 Chicken Caesar Wrap (Parachute) Tomato Cucumber Salad Potato Chips Apple BBQ New Castle (see 6/19)	9 Salad Sampler Tuna Salad over Spring Mix Garden Pasta Salad Country-Style Potato Salad Croissant Vanilla Cupcake & Apple	10 Chili Baked Potato Steamed Broccoli Cheese Sauce Sour Cream Dark Chocolate Cupcake Apple	11 Ham Mac & Cheese Mixed Vegetables Roasted Sweet Potatoes Iceberg Salad w/ Blue Cheese Chocolate Cupcake	12 Beef Brisket Potato Salad Baked Beans Coleslaw Banana & Apple
15 Sloppy Joe Hamburger Bun Baked Sweet Potato Fries Garden Salad Pear Bread Pudding	16 Chili Baked Potato Steamed Broccoli Cheese Sauce Sour Cream Dark Chocolate Cupcake Apple	17 Fried Catfish Fried Okra Mac & Cheese Banana Pudding Apple Orange Juice	18 Chicken Salad On Croissant w/ lettuce, tomato Walnut Berry Salad Apple Orange Jell-O	19 Chicken Fried Steak Mashed Potatoes, Gravy Peas & Carrots Garden Salad Brownie Cranberry Juice
22 Salisbury Steak Mashed Potatoes Whole Grain Bread Green Beans Coconut Cream Pudding Orange Juice	23 Roasted Turkey Breast Mashed Potatoes, Gravy Steamed Broccoli Multigrain Roll Dark Chocolate Cupcake Banana	24 Salad Sampler Tuna Salad over Spring Mix Garden Pasta Salad Country-Style Potato Salad Croissant Vanilla Cupcake & Apple	25 Pork Chow Mein Vegetable Egg Roll Asian Cucumber Salad Orange Fortune Cookie	26 Quiche Lorraine Croissant Pasta Salad Garden Salad Pound Cake w/ Fruit Apple
29 Chicken Cordon Bleu Brown Rice Pilaf Five-Way Mixed Vegetables Fresh Mixed Fruit Cup Lemon Bar	30 Chicken Stir Fry Asian Vegetables Wild Rice, Veggie Egg Roll Mandarin Spinach salad Fortune Cookie & Apple			

****Allergen ingredient information available upon request**** All meals served with milk MENU PREPARED & APPROVED BY Emily Stanton, RDN.

Call for reservations: Rifle 970-665-6540 | New Castle, Parachute and Silt 970-665-0041 | Glenwood Springs and Carbondale 970-404-1193

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 Glenwood Springs	Wednesday Carbondale	Thursday Rifle	Friday Glenwood Springs
1 Pork Tenderloin Calories: 979 Protein: 42g Carbohydrates: 139g Fat: 28g Fiber: 11g Sodium: 1,078mg	2 BBQ Pulled Pork Calories: 824 Protein: 29g Carbohydrates: 133g Fat: 20g Fiber: 7g Sodium: 1,185mg	3 BBQ Pulled Pork Calories: 824 Protein: 29g Carbohydrates: 133g Fat: 20g Fiber: 7g Sodium: 1,185mg	4 Roast Beef Sandwich Calories: 1,068 Protein: 48g Carbohydrates: 124g Fat: 44g Fiber: 12g Sodium: 599mg	5 Spaghetti & Meatballs Calories: 1,147 Protein: 42g Carbohydrates: 194g Fat: 23g Fiber: 16g Sodium: 1,177mg
8 Chicken Caesar Wrap Calories: 743 Protein: 46g Carbohydrates: 91g Fat: 23g Fiber: 12g Sodium: 997mg	9 Salad Sampler Calories: 942 Protein: 29g Carbohydrates: 107g Fat: 44g Fiber: 8g Sodium: 1,132mg	10 Chili Baked Potato Calories: 588 Protein: 18g Carbohydrates: 112g Fat: 18g Fiber: 9g Sodium: 453mg	11 Ham Mac & Cheese Calories: 1,068 Protein: 55g Carbohydrates: 123g Fat: 41g Fiber: 14g Sodium: 1,110mg	12 Beef Brisket Calories: 974 Protein: 43g Carbohydrates: 268g Fat: 24g Fiber: 12g Sodium: 1,177mg
15 Sloppy Joe Calories: 951 Protein: 48g Carbohydrates: 142g Fat: 25g Fiber: 21g Sodium: 992mg	16 Chili Baked Potato Calories: 588 Protein: 18g Carbohydrates: 112g Fat: 18g Fiber: 9g Sodium: 453mg	17 Fried Catfish Calories: 925 Protein: 34g Carbohydrates: 127g Fat: 31g Fiber: 8g Sodium: 985mg	18 Chicken Salad Calories: 1,019 Protein: 37g Carbohydrates: 109g Fat: 51g Fiber: 11g Sodium: 1,106mg	19 Chicken Fried Steak Calories: 1,002 Protein: 32g Carbohydrates: 126g Fat: 41g Fiber: 14g Sodium: 780mg
22 Salisbury Steak Calories: 874 Protein: 58g Carbohydrates: 108g Fat: 23g Fiber: 10g Sodium: 985mg	23 Roasted Turkey Breast Calories: 610 Protein: 27g Carbohydrates: 89g Fat: 15g Fiber: 7g Sodium: 1,030mg	24 Salad Sampler Calories: 942 Protein: 29g Carbohydrates: 107g Fat: 44g Fiber: 8g Sodium: 1,132mg	25 Pork Chow Mein Calories: 694 Protein: 34g Carbohydrates: 87g Fat: 24g Fiber: 11g Sodium: 771mg	26 Quiche Lorraine Calories: 1,078 Protein: 31g Carbohydrates: 140g Fat: 49g Fiber: 10g Sodium: 979mg
29 Chicken Cordon Bleu Calories: 938 Protein: 40g Carbohydrates: 133g Fat: 28g Fiber: 10g Sodium: 661mg	30 Chicken Stir Fry Calories: 913 Protein: 49g Carbohydrates: 110g Fat: 30g Fiber: 11g Sodium: 756mg			