

## June 2026 | Meal sites: Parachute, Rifle, Silt, New Castle

Monday Parachute & New Castle	Tuesday Rifle	Wednesday Parachute & Silt	Thursday Rifle	Friday Rifle
<b>1 Pork Tenderloin</b> Mashed Potatoes, Gravy Roasted Vegetables Orange Vanilla Cupcake	<b>2 Smothered Burrito</b> Green Chili Sauce Corn and Zucchini Mexicana Tortilla Chips Orange	<b>3 Chicken Asian Salad</b> Whole Wheat Dinner Roll Cashews Apple Oatmeal Raisin Cookie	<b>4 Roast Beef Sandwich</b> On Whole Wheat Bread Mashed Potatoes, Gravy California Mixed Vegetables Orange Key Lime Pie	<b>5 Supreme Pizza</b> Tossed Salad, Lemon Basil Dressing Northwest Apple Salad Jello
<b>8 Chicken Caesar Wrap (Parachute)</b> Tomato Cucumber Salad Potato Chips Apple <b>BBQ New Castle (see 6/19)</b>	<b>9 Chicken Fajitas</b> Lettuce, sour cream, salsa, cheese Spanish Rice, Black Beans Green Salad French Vanilla Cake	<b>10 California Wrap (Silt)</b> Cranberry Walnut Coleslaw Potato Chips Orange Snickerdoodle Cookie <b>BBQ Parachute (see 6/19)</b>	<b>11 Ham Mac &amp; Cheese</b> Mixed Vegetables Roasted Sweet Potatoes Iceberg Salad w/ Blue Cheese Chocolate Cupcake	<b>12 Roast Beef</b> Mashed Potatoes, Gravy Steamed Carrots Apple Carrot Cake
<b>15 Sloppy Joe</b> Hamburger Bun Baked Sweet Potato Fries Garden Salad Pear Bread Pudding	<b>16 Vegetable Beef Soup</b> Egg Salad on Wheat Bread Cranberry Spinach Salad Fresh Fruit Cup Sugar Cookie	<b>17 California Wrap (Parachute)</b> Cranberry Walnut Coleslaw Potato Chips, Orange Snickerdoodle Cookie <b>BBQ Silt (see 6/19)</b>	<b>18 Chicken Salad</b> On Croissant w/ lettuce, tomato Walnut Berry Salad Apple Orange Jell-O	<b>19 Hamburger or Hotdog w/ bun and fixings</b> Baked Beans, Potato Salad Watermelon Chocolate Chip Cookie <b>BBQ Rifle (see 6/19)</b>
<b>22 Salisbury Steak</b> Mashed Potatoes Whole Grain Bread Green Beans Coconut Cream Pudding Orange Juice	<b>23 Chicken Fried Steak</b> Mashed Potatoes, Gravy Green Beans Baked Beans Vanilla Ice Cream, Strawberries	<b>24 Chicken Fried Steak</b> Mashed Potatoes, Gravy Green Beans Baked Beans Vanilla Ice Cream, Strawberries	<b>25 Pork Chow Mein</b> Vegetable Egg Roll Asian Cucumber Salad Orange Fortune Cookie	<b>26 BBQ Chicken</b> Marinated Tomato Salad Baked Beans Dinner Roll Apple Blueberry Crisp
<b>29 Chicken Cordon Bleu</b> Brown Rice Pilaf Five-Way Mixed Vegetables Fresh Mixed Fruit Cup Lemon Bar	<b>30 Maple Glazed Salmon</b> On Cranberry Spinach Salad Wheat Dinner Roll Apple Chocolate Pudding			

**\*\*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](http://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](mailto:mealsfeedback@garfieldcountyco.gov).

Monday Parachute & New Castle	Tuesday Rifle	Wednesday Parachute & Silt	Thursday Rifle	Friday Rifle
<b>1 Pork Tenderloin</b> Calories: 979 Protein: 42g Carbohydrates: 139g Fat: 28g Fiber: 11g Sodium: 1,078mg	<b>2 Smothered Burrito</b> Calories: 942 Protein: 47g Carbohydrates: 127g Fat: 31g Fiber: 19g Sodium: 784mg	<b>3 Chicken Asian Salad</b> Calories: 930 Protein: 48g Carbohydrates: 84g Fat: 48g Fiber: 10g Sodium: 848mg	<b>4 Roast Beef Sandwich</b> Calories: 1,068 Protein: 48g Carbohydrates: 124g Fat: 44g Fiber: 12g Sodium: 599mg	<b>5 Supreme Pizza</b> Calories: 825 Protein: 46g Carbohydrates: 90g Fat: 34g Fiber: 12g Sodium: 990mg
<b>8 Chicken Caesar Wrap</b> Calories: 743 Protein: 46g Carbohydrates: 91g Fat: 23g Fiber: 12g Sodium: 997mg	<b>9 Chicken Fajitas</b> Calories: 841 Protein: 53g Carbohydrates: 124g Fat: 15g Fiber: 14g Sodium: 1,161mg	<b>10 California Wrap</b> Calories: 943 Protein: 26g Carbohydrates: 114g Fat: 46g Fiber: 17g Sodium: 738mg	<b>11 Ham Mac &amp; Cheese</b> Calories: 1,068 Protein: 55g Carbohydrates: 123g Fat: 41g Fiber: 14g Sodium: 1,110mg	<b>12 Roast Beef</b> Calories: 776 Protein: 38g Carbohydrates: 97g Fat: 28g Fiber: 11g Sodium: 344mg
<b>15 Sloppy Joe</b> Calories: 951 Protein: 48g Carbohydrates: 142g Fat: 25g Fiber: 21g Sodium: 992mg	<b>16 Vegetable Beef Soup</b> Calories: 990 Protein: 43g Carbohydrates: 118g Fat: 44g Fiber: 15g Sodium: 842mg	<b>17 California Wrap</b> Calories: 943 Protein: 26g Carbohydrates: 114g Fat: 46g Fiber: 17g Sodium: 738mg	<b>18 Chicken Salad</b> Calories: 1,019 Protein: 37g Carbohydrates: 109g Fat: 51g Fiber: 11g Sodium: 1,106mg	<b>19 Hamburger/Hot Dog</b> Calories: 874/724 Protein: 53g/26g Carbohydrates: 98g/92g Fat: 32g/26g Fiber: 14g/14g Sodium: 1,195mg/1,886mg
<b>22 Salisbury Steak</b> Calories: 874 Protein: 58g Carbohydrates: 108g Fat: 23g Fiber: 10g Sodium: 985mg	<b>23 Chicken Fried Steak</b> Calories: 1,081 Protein: 80g Carbohydrates: 111g Fat: 34g Fiber: 13g Sodium: 763mg	<b>24 Chicken Fried Steak</b> Calories: 1,081 Protein: 80g Carbohydrates: 111g Fat: 34g Fiber: 13g Sodium: 763mg	<b>25 Pork Chow Mein</b> Calories: 694 Protein: 34g Carbohydrates: 87g Fat: 24g Fiber: 11g Sodium: 771mg	<b>26 BBQ Chicken</b> Calories: 1,078 Protein: 52g Carbohydrates: 154g Fat: 29g Fiber: 18g Sodium: 888mg
<b>29 Chicken Cordon Bleu</b> Calories: 938 Protein: 40g Carbohydrates: 133g Fat: 28g Fiber: 10g Sodium: 661mg	<b>30 Salmon, Salad</b> Calories: 1,158 Protein: 52g Carbohydrates: 108g Fat: 60g Fiber: 11g Sodium: 746mg			