

May 2026 | Meal sites: Glenwood Springs & Carbondale

Monday Parachute & New Castle	Tuesday Glenwood Springs	Wednesday Carbondale	Thursday Rifle	Friday Glenwood Springs
				1 Chili Mac Casserole Peas & Carrots Cornbread Apple Cranberry Juice
4 Salmon Cakes Lemon Caper Yogurt Sauce Roasted Brussel Sprouts Potato Salad Minted Melon Balls	5 Southern Meatloaf Mashed Potatoes w/ Gravy Steamed Broccoli Multigrain Roll Apple Dark Chocolate Cupcake	6 Salad Sampler Tuna Salad w/ Spring Mix Garden Pasta Salad Country-Style Potato Salad Croissant Vanilla Cupcake, Banana	7 Ham Salad Sandwich Wheat Dinner Roll Sunflower Broccoli Salad Apple Sugar Cookie	8 Chicken Enchiladas Black Beans Spanish Rice & Aztec Corn Cinnamon Sugar Churro Apple Orange Juice
11 Chicken Fried Steak White Gravy Mashed Potatoes Green Beans w/ Almonds Dinner Roll Peaches & Cream	12 Hawaiian Grilled Chicken Vegetable Fried Rice Mandarin Spinach Salad Multigrain Bread Vanilla Cupcake, Apple	13 Chili Mac Casserole Peas & Carrots Cornbread Apple Cranberry Juice	14 Beef Stroganoff Whole Wheat Roll Mixed Vegetables Mandarin Oranges Chocolate Pudding	15 Sweet & Sour Beef Asian Slaw Stir Fry Vegetables Jasmine Rice Vegetable Egg Roll Fortune Cookie
18 Greek Salad Roasted Chicken Breast Wheat Texas Roll, butter Yogurt Parfait w/ Berries Chocolate Chip Cookie	19 Fried Catfish Fried Okra Mac and Cheese Banana Pudding Apple Orange Juice	20 Chicken Enchiladas Refried Beans Spanish Rice Banana Cinnamon Sugar Churro Cranberry Juice	21 Minestrone Soup Turkey Sandwich Orange Red Velvet Cake	22 Glazed Ham Brussel Sprouts Cheddar Scalloped Potatoes Apple Raisin Crisp Banana
25 Memorial Day County Holiday No Meal Service	26 Orange Chicken Stir Fry Asian Vegetables Vegetable Egg Roll Vegetable Fried Rice Apple, Fortune Cookie	27 Chicken Taco Salad Black Beans Corn Salsa w/ Tortilla Chips Fresh Fruit Cup Orange Sherbert	28 Green Chili Chicken Soup Sweet Corn Brown Rice Blue Cheese Salad Lemon Cupcake	29 Chicken Taco Salad Black Beans Corn Salsa w/ Tortilla Chips Fresh Fruit Cup Orange Sherbert

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 Chili Mac Casserole Calories: 685 Protein: 28g Carbohydrates: 123g Fat: 15g Fiber: 12g Sodium: 1,110mg
4 Salmon Cakes Calories: 901 Protein: 36g Carbohydrates: 70g Fat: 55g Fiber: 9g Sodium: 1,151mg	5 Southern Meatloaf Calories: 829 Protein: 35g Carbohydrates: 115g Fat: 23g Fiber: 10g Sodium: 1,182mg	6 Salad Sampler Calories: 916 Protein: 27g Carbohydrates: 113g Fat: 40g Fiber: 7.5g Sodium: 1,042mg	7 Ham Salad Sandwich Calories: 677 Protein: 23g Carbohydrates: 73g Fat: 34g Fiber: 9g Sodium: 920mg	8 Chicken Enchiladas Calories: 910 Protein: 41g Carbohydrates: 154g Fat: 22g Fiber: 27g Sodium: 1,126mg
11 Chicken Fried Steak Calories: 997 Protein: 77g Carbohydrates: 95g Fat: 35g Fiber: 11g Sodium: 672mg	12 Grilled Chicken Calories: 923 Protein: 50g Carbohydrates: 125g Fat: 24g Fiber: 10g Sodium: 1,083mg	13 Chili Mac Casserole Calories: 662 Protein: 28g Carbohydrates: 116g Fat: 15g Fiber: 12g Sodium: 1,098mg	14 Beef Stroganoff Calories: 965 Protein: 52g Carbohydrates: 98g Fat: 41g Fiber: 10g Sodium: 818mg	15 Sweet & Sour Beef Calories: 789 Protein: 31g Carbohydrates: 93g Fat: 31g Fiber: 10g Sodium: 1,179mg
18 Greek Salad & Chicken Calories: 1,109 Protein: 61g Carbohydrates: 107g Fat: 51g Fiber: 12g Sodium: 1,140mg	19 Fried Catfish Calories: 925 Protein: 34g Carbohydrates: 127g Fat: 32g Fiber: 8g Sodium: 985mg	20 Chicken Enchiladas Calories: 910 Protein: 41g Carbohydrates: 154g Fat: 22g Fiber: 27g Sodium: 1,126mg	21 Minestrone Soup Calories: 726 Protein: 35g Carbohydrates: 88g Fat: 29g Fiber: 10g Sodium: 1,142mg	22 Glazed Ham Calories: 605 Protein: 36g Carbohydrates: 86g Fat: 14g Fiber: 11g Sodium: 1,425mg
25 Memorial Day County Holiday No Meal Service	26 Orange Chicken Calories: 913 Protein: 26g Carbohydrates: 119g Fat: 35g Fiber: 12g Sodium: 1,577mg	27 Chicken Taco Salad Calories: 1,018 Protein: 62g Carbohydrates: 110 g Fat: 37g Fiber: 13g Sodium: 859mg	28 Green Chili Chicken Calories: 732 Protein: 25g Carbohydrates: 120g Fat: 19g Fiber: 13g Sodium: 1,182mg	29 Chicken Taco Salad Calories: 1,018 Protein: 62g Carbohydrates: 110 g Fat: 37g Fiber: 13g Sodium: 859mg