

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

| Monday<br>Parachute & New Castle                                                                                                  | Tuesday<br>Rifle                                                                                                                 | Wednesday<br>Parachute & Silt                                                                                                             | Thursday<br>Rifle                                                                                          | Friday<br>Rifle                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                   |                                                                                                                                  |                                                                                                                                           |                                                                                                            | <b>1 Salisbury Steak</b><br>Mashed Potatoes<br>Whole Grain Bread<br>French Cut Green Beans<br>Orange Juice<br>Coconut Cream Pudding  |
| <b>4 Salmon Cakes</b><br>Lemon Caper Yogurt Sauce<br>Roasted Brussel Sprouts<br>Potato Salad<br>Minted Melon Balls                | <b>5 Chicken Noodle Soup</b><br>Caesar Salad<br>Whole Wheat Dinner Roll<br>Apple<br>Chocolate Cake                               | <b>6 BBQ Chicken</b><br>Marinated Tomato Salad<br>Baked Beans<br>Whole Wheat Dinner Roll<br>Apple Blueberry Crisp                         | <b>7 Ham Salad Sandwich</b><br>Wheat Dinner Roll<br>Sunflower Broccoli Salad<br>Apple<br>Sugar Cookie      | <b>8 Spaghetti</b><br>Meat Sauce<br>Tossed Salad<br>Wheat Roll<br>Cherry Cobbler                                                     |
| <b>11 Chicken Fried Steak</b><br>White Gravy<br>Mashed Potatoes<br>Green Beans w/ Almonds<br>Dinner Roll<br>Peaches & Cream       | <b>12 Chicken Fried Steak</b><br>White Gravy<br>Mashed Potatoes<br>Green Beans w/ Almonds<br>Dinner Roll<br>Peaches & Cream      | <b>13 Baked Potato Bar</b><br>Beef Chili<br>Cheese, Sour Cream, Chives<br>Cornbread w/ butter<br>Green Salad<br>Pound Cake, Whipped Cream | <b>14 Beef Stroganoff</b><br>Whole Wheat Roll<br>Mixed Vegetables<br>Mandarin Oranges<br>Chocolate Pudding | <b>15 Roasted Veggie &amp; Hummus Wrap</b><br>Potato Salad<br>Apple<br>Chocolate Chip Cookie                                         |
| <b>18 Greek Salad</b><br>Roasted Chicken Breast<br>Wheat Texas Roll, butter<br>Yogurt Parfait w/ Berries<br>Chocolate Chip Cookie | <b>19 Mexican Casserole</b><br>Spanish Rice<br>Paprika Roasted Cauliflower<br>Pear<br>Angel Food Cake w/<br>Strawberries & Cream | <b>20 Egg Salad</b><br>on wheat bread<br>Orange Spinach Berry Salad<br>Cottage Cheese w/ Peaches<br>Sunflower Seeds<br>Brownie            | <b>21 Minestrone Soup</b><br>Turkey Sandwich<br>Orange<br>Red Velvet Cake                                  | <b>22 Chicken Curry</b><br>California Mixed Vegetables<br>Coconut Brown Rice<br>Egg Roll<br>Bibb Salad<br>Lemon Bar, Cranberry Juice |
| <b>25</b><br>Memorial Day<br>County Holiday<br>No Meal Service                                                                    | <b>26 Meatloaf</b><br>Mashed Potatoes<br>Brown Gravy<br>Squash Medley<br>Caesar Salad<br>Pumpkin Bread                           | <b>27 Swedish Meatballs</b><br>Wheat Pasta<br>Honey Glazed Carrots<br>Sunshine Fruit Salad<br>Chocolate Pudding                           | <b>28 Green Chili Chicken Soup</b><br>Sweet Corn<br>Brown Rice<br>Blue Cheese Salad<br>Lemon Cupcake       | <b>29 Cobb Salad</b><br>Dinner Roll, Butter<br>Apple<br>Vanilla Yogurt w/ berries<br>Brownie                                         |

**\*\*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<br>Parachute & New Castle                                                                                                           | Tuesday<br>Rifle                                                                                                                | Wednesday<br>Parachute & Silt                                                                                                     | Thursday<br>Rifle                                                                                                                  | Friday<br>Rifle                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                            |                                                                                                                                 |                                                                                                                                   |                                                                                                                                    | <b>1 Salisbury Steak</b><br>Calories: 874<br>Protein: 58g<br>Carbohydrates: 108g<br>Fat: 23g<br>Fiber: 10g<br>Sodium: 985mg        |
| <b>4 Salmon Cakes</b><br>Calories: 901<br>Protein: 36g<br>Carbohydrates: 70g<br>Fat: 55g<br>Fiber: 9g<br>Sodium: 1,151mg                   | <b>5 Chicken Noodle Soup</b><br>Calories: 907<br>Protein: 54g<br>Carbohydrates: 97g<br>Fat: 34g<br>Fiber: 10g<br>Sodium: 947mg  | <b>6 BBQ Chicken</b><br>Calories: 1,078<br>Protein: 52g<br>Carbohydrates: 154g<br>Fat: 29g<br>Fiber: 18g<br>Sodium: 888mg         | <b>7 Ham Salad Sandwich</b><br>Calories: 677<br>Protein: 23g<br>Carbohydrates: 73g<br>Fat: 34g<br>Fiber: 9g<br>Sodium: 920mg       | <b>8 Spaghetti</b><br>Calories: 979<br>Protein: 53g<br>Carbohydrates: 128g<br>Fat: 30g<br>Fiber: 13g<br>Sodium: 778mg              |
| <b>11 Chicken Fried Steak</b><br>Calories: 997<br>Protein: 77g<br>Carbohydrates: 95g<br>Fat: 35g<br>Fiber: 11g<br>Sodium: 672mg            | <b>12 Chicken Fried Steak</b><br>Calories: 997<br>Protein: 77g<br>Carbohydrates: 95g<br>Fat: 35g<br>Fiber: 11g<br>Sodium: 672mg | <b>13 Baked Potato Bar</b><br>Calories: 1,115<br>Protein: 36g<br>Carbohydrates: 127g<br>Fat: 52g<br>Fiber: 10g<br>Sodium: 1,021mg | <b>14 Beef Stroganoff</b><br>Calories: 965<br>Protein: 52g<br>Carbohydrates: 98g<br>Fat: 41g<br>Fiber: 10g<br>Sodium: 818mg        | <b>15 Veg &amp; Hummus Wrap</b><br>Calories: 722<br>Protein: 21g<br>Carbohydrates: 101g<br>Fat: 28g<br>Fiber: 12g<br>Sodium: 821mg |
| <b>18 Greek Salad &amp; Chicken</b><br>Calories: 1,109<br>Protein: 61g<br>Carbohydrates: 107g<br>Fat: 51g<br>Fiber: 12g<br>Sodium: 1,140mg | <b>19 Mexican Casserole</b><br>Calories: 780<br>Protein: 32g<br>Carbohydrates: 93g<br>Fat: 33g<br>Fiber: 13g<br>Sodium: 890mg   | <b>20 Egg Salad</b><br>Calories: 1,073<br>Protein: 39g<br>Carbohydrates: 95g<br>Fat: 65g<br>Fiber: 13g<br>Sodium: 854mg           | <b>21 Minestrone Soup</b><br>Calories: 726<br>Protein: 35g<br>Carbohydrates: 88g<br>Fat: 29g<br>Fiber: 10g<br>Sodium: 1,142mg      | <b>22 Chicken Curry</b><br>Calories: 1,266<br>Protein: 42g<br>Carbohydrates: 154g<br>Fat: 56g<br>Fiber: 12g<br>Sodium: 1,182mg     |
| <b>25</b><br>Memorial Day<br>County Holiday<br>No Meal Service                                                                             | <b>26 Meatloaf</b><br>Calories: 983<br>Protein: 51g<br>Carbohydrates: 94g<br>Fat: 45g<br>Fiber: 9g<br>Sodium: 594mg             | <b>27 Swedish Meatballs</b><br>Calories: 855<br>Protein: 31g<br>Carbohydrates: 124g<br>Fat: 30g<br>Fiber: 11g<br>Sodium: 799mg    | <b>28 Green Chili Chicken</b><br>Calories: 732<br>Protein: 25g<br>Carbohydrates: 120g<br>Fat: 19g<br>Fiber: 13g<br>Sodium: 1,182mg | <b>29 Cobb Salad</b><br>Calories: 1,138<br>Protein: 70g<br>Carbohydrates: 116g<br>Fat: 46g<br>Fiber: 10g<br>Sodium: 916mg          |