

November 2026 | Meal sites: Glenwood Springs and Carbondale

Monday Parachute & New Castle	Tuesday Glenwood Springs	Wednesday Carbondale	Thursday Rifle	Friday Glenwood Springs
2 Egg Salad Sandwiches Vegetable Beef Soup Cranberry Spinach Salad Fresh Fruit Cup Sugar Cookie	3 Herb Roasted Chicken Vegetable Medley Fettuccine Tomato Basil Green Salad Cookie	4 Grilled Salmon, Caper Mixed Vegetables Herb Roasted Potatoes Iceberg, tomato, bleu cheese Pound Cake, Strawberries	5 Macaroni & Cheese w/ Ham Mixed Vegetables Roasted Sweet Potatoes Iceberg Salad, Bleu Cheese Chocolate Cupcake	6 BBQ Brisket Sweet Corn, Cole Slaw Steak Fries, Biscuit Fruit Salad, Cottage Cheese Brownie
9 Chicken Fried Steak White Gravy Mashed potatoes Green Beans w/ Almonds Dinner Roll Peaches & Cream	10 Chicken Fried Steak Peas & Carrots Mashed Potatoes & Gravy Green Salad Vanilla Ice Cream	11 County Holiday Veterans Day	12 Southwest Chicken Salad Bean & Corn Salad Tortilla Chips Macaroni Salad Cantaloupe	13 Cheese Tortellini Meat Sauce Mixed Vegetables Garlic Bread Green Salad Cookie
16 Beef Hot Dog Wheat Bun Sauerkraut, Relish, Onion Potato Chips Corn Fresh Fruit, Brownie	17 Meatloaf Roasted Cauliflower Rustic Mashed Potatoes, Gravy Green Salad Lemon Bars	18 Chicken Sausage Peppers & Onions Mixed Vegetables Brown Rice Green Salad Cheesecake, berry sauce	19 Chicken Tortilla Soup Cheese, sour cream, lime, cilantro Cornbread, butter, honey Southwest Bean Corn Salad Fresh Fruit Cup	20 BBQ Pulled Pork Spinach & Corn Scalloped Potato Caesar Salad Chocolate Cake
23 Roast Turkey, Gravy Mashed Potatoes Roasted Brussels Sprouts & Butternut Squash Croissant w/ Butter Cranberry Sauce Pumpkin Pie, Whipped Cream	24 Molasses Brined Turkey, Gravy Pecan Butter Green Beans Chestnut Stuffing Sweet Potato, Green Salad Pumpkin Pie	25 Molasses Brined Turkey, Gravy Pecan Butter Green Beans Chestnut Stuffing Sweet Potato, Green Salad Pumpkin Pie	26 County Holiday Thanksgiving	27 County Holiday Day After Thanksgiving
30 Beef Lasagna Texas Roll Mandarin Spinach Salad Clementines Cheesecake			RESERVATIONS Rifle: 970-665-6540 New Castle, Parachute & Silt: 970-665-0041 24 hours in advance	RESERVATIONS Glenwood Springs & Carbondale: 970-665-0041 48 hours in advance

****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. 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
2 Egg Salad Sandwiches Calories: 990 Protein: 43g Carbohydrates: 118g Fat: 44g Fiber: 15g Sodium: 842mg	3 Herb Roasted Chicken Calories: 873 Protein: 53g Carbohydrates: 115g Fat: 24g Fiber: 10g Sodium: 992mg	4 Grilled Salmon Calories: 1,003 Protein: 50g Carbohydrates: 102g Fat: 43g Fiber: 12g Sodium: 815mg	5 Macaroni & Cheese Calories: 1,068 Protein: 55g Carbohydrates: 123g Fat: 41g Fiber: 14g Sodium: 1,110mg	6 BBQ Brisket Calories: 949 Protein: 48g Carbohydrates: 119g Fat: 34g Fiber: 9g Sodium: 1,179mg
9 Chicken Fried Steak Calories: 997 Protein: 77g Carbohydrates: 95g Fat: 35g Fiber: 11g Sodium: 672mg	10 Chicken Fried Steak Calories: 851 Protein: 36g Carbohydrates: 103g Fat: 34g Fiber: 7g Sodium: 1,248mg	11 County Holiday Veterans Day	12 Southwest Salad Calories: 662 Protein: 30g Carbohydrates: 77g Fat: 28g Fiber: 12g Sodium: 985mg	13 Cheese Tortellini Calories: 1,069 Protein: 51g Carbohydrates: 134g Fat: 37g Fiber: 18g Sodium: 1,081mg
16 Beef Hot Dog Calories: 1,024 Protein: 25g Carbohydrates: 135g Fat: 45g Fiber: 11g Sodium: 1,203mg	17 Meatloaf Calories: 1,099 Protein: 48g Carbohydrates: 124g Fat: 47g Fiber: 11g Sodium: 581mg	18 Chef's Choice Meal	19 Chicken Tortilla Soup Calories: 989 Protein: 41g Carbohydrates: 121g Fat: 42g Fiber: 14g Sodium: 911mg	20 BBQ Pulled Pork Calories: 1,332 Protein: 65g Carbohydrates: 107g Fat: 74g Fiber: 8g Sodium: 1,472mg
23 Roast Turkey Calories: 1,229 Protein: 42g Carbohydrates: 164g Fat: 48g Fiber: 11g Sodium: 605mg	24 Turkey Calories: 1,576 Protein: 65g Carbohydrates: 211g Fat: 54g Fiber: 16g Sodium: 1,822mg	25 Turkey Calories: 1,576 Protein: 65g Carbohydrates: 211g Fat: 54g Fiber: 16g Sodium: 1,822mg	26 County Holiday Thanksgiving	27 County Holiday Day After Thanksgiving
30 Beef Lasagna Calories: 1,134 Protein: 54g Carbohydrates: 132g Fat: 46g Fiber: 13g Sodium: 1,105				