

November 2026 | Meal sites: Parachute, Rifle, Silt, New Castle

Monday Parachute & New Castle	Tuesday Rifle	Wednesday Parachute & Silt	Thursday Rifle	Friday Rifle
2 Egg Salad Sandwiches Vegetable Beef Soup Cranberry Spinach Salad Fresh Fruit Cup Sugar Cookie	3 Herb Baked Chicken Scalloped Potatoes Beats Peas & Carrots Cuties	4 Lemon Baked Cod Tartar Sauce Scalloped Potatoes Mixed Vegetables Dinner Roll Mandarin Orange	5 Macaroni & Cheese w/ Ham Mixed Vegetables Roasted Sweet Potatoes Iceberg Salad, Bleu Cheese Chocolate Cupcake	6 BBQ Chicken Marinated Tomato Salad Baked Beans Dinner Roll Apple Blueberry Crisp
9 Chicken Fried Steak White Gravy Mashed potatoes Green Beans w/ Almonds Dinner Roll Peaches & Cream	10 Chicken Fried Steak White Gravy Mashed Potatoes Green Beans w/ Almonds Dinner Roll Peaches & Cream	11 County Holiday Veterans Day	12 Southwest Chicken Salad Bean & Corn Salad Tortilla Chips Macaroni Salad Cantaloupe	13 Meatball Marinara Sub Sandwich Garlic Green Beans Potato Salad Cherry Crisp
16 Beef Hot Dog Wheat Bun Sauerkraut, Relish, Onion Potato Chips Corn Fresh Fruit, Brownie	17 Meatloaf Mashed Potatoes, Gravy Squash Medley Caesar Salad Pumpkin Bread	18 Sloppy Joe on Hamburger Bun Baked Sweet Potato Fries Garden Salad Pear Bread Pudding	19 Chicken Tortilla Soup Cheese, sour cream, lime, cilantro Cornbread, butter, honey Southwest Bean Corn Salad Fresh Fruit Cup	20 Braised Pork w/ onion, carrots, celery Creamy Polenta Green Pea Salad Orange Brownie
23 Roast Turkey, Gravy Mashed Potatoes Roasted Brussels Sprouts & Butternut Squash Croissant w/ Butter Cranberry Sauce Pumpkin Pie, Whipped Cream	24 Roast Turkey, Gravy Mashed Potatoes Roasted Brussels Sprouts & Butternut Squash Croissant w/ Butter Cranberry Sauce Pumpkin Pie, Whipped Cream	25 Roast Turkey, Gravy Mashed Potatoes Roasted Brussels Sprouts & Butternut Squash Croissant w/ Butter Cranberry Sauce Pumpkin Pie, Whipped Cream	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 Rifle	Wednesday Parachute & Silt	Thursday Rifle	Friday Rifle
2 Egg Salad Sandwiches Calories: 990 Protein: 43g Carbohydrates: 118g Fat: 44g Fiber: 15g Sodium: 842mg	3 Herb Baked Chicken Calories: 677 Protein: 40g Carbohydrates: 88g Fat: 19g Fiber: 10g Sodium: 707mg	4 Lemon Baked Cod Calories: 890 Protein: 47g Carbohydrates: 118g Fat: 26g Fiber: 12g Sodium: 1,146mg	5 Macaroni & Cheese Calories: 1,068 Protein: 55g Carbohydrates: 123g Fat: 41g Fiber: 14g Sodium: 1,110mg	6 BBQ Chicken Calories: 1,078 Protein: 52g Carbohydrates: 154g Fat: 29g Fiber: 18g Sodium: 888mg
9 Chicken Fried Steak Calories: 997 Protein: 77g Carbohydrates: 95g Fat: 35g Fiber: 11g Sodium: 672mg	10 Chicken Fried Steak Calories: 997 Protein: 77g Carbohydrates: 95g Fat: 35g Fiber: 11g Sodium: 672mg	11 County Holiday Veterans Day	12 Southwest Salad Calories: 662 Protein: 30g Carbohydrates: 77g Fat: 28g Fiber: 12g Sodium: 985mg	13 Meatball Marinara Sub Calories: 812 Protein: 39g Carbohydrates: 104g Fat: 29g Fiber: 13g Sodium: 1,113mg
16 Beef Hot Dog Calories: 1,024 Protein: 25g Carbohydrates: 135g Fat: 45g Fiber: 11g Sodium: 1,203mg	17 Meatloaf Calories: 983 Protein: 51g Carbohydrates: 95g Fat: 45g Fiber: 9g Sodium: 594mg	18 Sloppy Joe Calories: 951 Protein: 48g Carbohydrates: 142g Fat: 25g Fiber: 21g Sodium: 992mg	19 Chicken Tortilla Soup Calories: 989 Protein: 41g Carbohydrates: 121g Fat: 42g Fiber: 14g Sodium: 911mg	20 Braised Pork Calories: 972 Protein: 34g Carbohydrates: 93g Fat: 51g Fiber: 11g Sodium: 899mg
23 Roast Turkey Calories: 1,229 Protein: 42g Carbohydrates: 164g Fat: 48g Fiber: 11g Sodium: 605mg	24 Roast Turkey Calories: 1,229 Protein: 42g Carbohydrates: 164g Fat: 48g Fiber: 11g Sodium: 605mg	25 Roast Turkey Calories: 1,229 Protein: 42g Carbohydrates: 164g Fat: 48g Fiber: 11g Sodium: 605mg	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				