

October 2026 | Meal sites: Glenwood Springs & Carbondale

Monday Parachute & New Castle	Tuesday Glenwood Springs	Wednesday Carbondale	Thursday Rifle	Friday Glenwood Springs
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		1 Chicken Asian Salad Cashews Wheat Dinner Roll Apple Oatmeal Raisin Cookie	2 Baked Ziti/Ground Beef Ratatouille Garlic Bread Caesar Salad Tiramisu
5 Turkey BLT Sunflower Broccoli Salad Whole Wheat Crackers Grapes Lemon Bar	6 Chicken Fried Steak Mashed Potatoes, Gravy French Parmesan Almond Caesar Salad Chocolate Pudding	7 Honey Mustard Chicken Mixed Vegetables Rice Pilaf Green Salad Lemon Bars	8 Beef Stroganoff Wheat Texas Roll California Mixed Vegetables Orange Red Velvet Cake	9 Beef Tips Broccoli Steak Fries Green Salad Brownie
12 Chicken Noodle Soup Wheat Dinner Roll Caesar Salad Apple Chocolate Cake	13 Pork & Green Chili Stew Carrots, Onions, Celery Cheesy Polenta Green Salad Cheesecake/Berry Sauce	14 Eggplant Parmesan Alfredo Pasta Spinach/Cranberry Salad Bread Pudding	15 Broccoli Cheddar Soup Chicken Salad on Wheat Bread with Lettuce & Tomato Wheat Crackers Vanilla Yogurt, Raspberries	16 Chicken Cordon Bleu Mixed Vegetables Roasted Potato Green Salad Donut Holes
19 Cheeseburger w/ lettuce, tomato, onion Sweet Potato Fries Green Salad Apple	20 Orange Chicken Vegetable Stir Fry Ginger Soy Rice Asian Green Salad Coconut Pudding	21 Shrimp Curry Mixed Vegetables Orzo Pasta Greens/Quinoa/Beet Salad Chocolate Cake	22 Ham Salad Sandwich Wheat Dinner Roll Sunflower Broccoli Salad Apple Sugar Cookie	23 Hot Dog & Fixings Cream Corn Pasta Salad Green/Watermelon Slice Brownie Sundae
26 BBQ Pork Sandwich On Wheat Bun Sunflower Broccoli Salad Plum Banana Pudding	27 Pot Roast Roasted Vegetables Parsley Potato Iceberg/Tomato/Bleu Cheese/Bacon Salad Cookie	28 Steak & Eggs Vegetable Egg Frittata Biscuit Green Salad Fruit Yogurt Parfait	29 Supreme Pizza Tossed Salad Northwest Apple Salad Jello	30 Pumpkin Ravioli Wormy Bloody Squash Black Eye Peas & Rice Watermelon Arugula/Feta/Pumpkin Seed Salad Pumpkin Cheesecake

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
			1 Chicken Asian Salad Calories: 930 Protein: 48g Carbohydrates: 84g Fat: 48g Fiber: 10g Sodium: 848mg	2 Baked Ziti W/Ground Beef Calories: 1,026 Protein: 48g Carbohydrates: 91g Fat: 53g Fiber: 12g Sodium: 973mg
5 Turkey BLT Calories: 892 Protein: 28g Carbohydrates: 118g Fat: 36g Fiber: 9g Sodium: 786mg	6 Chicken Fried Steak Calories: 1,040 Protein: 41g Carbohydrates: 116g Fat: 47g Fiber: 7g Sodium: 1,813mg	7 Honey Mustard Chicken Calories: 1,197 Protein: 54g Carbohydrates: 157g Fat: 38g Fiber: 10g Sodium: 1,213mg	8 Beef Stroganoff Calories: 1,055 Protein: 56g Carbohydrates: 109g Fat: 47g Fiber: 12g Sodium: 931mg	9 Beef Tips Calories: 950 Protein: 61g Carbohydrates: 81g Fat: 45g Fiber: 12g Sodium: 482mg
12 Chicken Noodle Soup Calories: 907 Protein: 54g Carbohydrates: 97g Fat: 34g Fiber: 10g Sodium: 947mg	13 Pork & Green Chili Stew Calories: 1429 Protein: 65g Carbohydrates: 131g Fat: 75g Fiber: 10g Sodium: 934mg	14 Eggplant Parmesan Calories: 1,238 Protein: 35g Carbohydrates: 124g Fat: 71g Fiber: 10g Sodium: 791mg	15 Broccoli Cheddar Calories: 774 Protein: 49g Carbohydrates: 90g Fat: 24g Fiber: 10g Sodium: 805mg	16 Chicken Cordon Bleu Calories: 884 Protein: 36g Carbohydrates: 101g Fat: 37g Fiber: 8.5g Sodium: 1,231mg
19 Cheeseburger Calories: 841 Protein: 45g Carbohydrates: 97g Fat: 33g Fiber: 13g Sodium: 1,120mg	20 Orange Chicken Calories: 1,022 Protein: 42g Carbohydrates: 136g Fat: 40g Fiber: 6g Sodium: 1,114mg	21 Shrimp Curry Calories: 1,159 Protein: 37g Carbohydrates: 115g Fat: 50g Fiber: 12g Sodium: 1,278mg	22 Ham Salad Sandwich Calories: 677 Protein: 23g Carbohydrates: 73g Fat: 34g Fiber: 9g Sodium: 920mg	23 Hot Dog W/ Fixings Calories: 1,281 Protein: 38g Carbohydrates: 193g Fat: 45g Fiber: 13g Sodium: 1,403mg
26 BBQ Pork Sandwich Calories: 937 Protein: 49g Carbohydrates: 101g Fat: 40g Fiber: 11g Sodium: 1,039mg	27 Pot Roast Calories: 869 Protein: 47g Carbohydrates: 72g Fat: 44g Fiber: 7g Sodium: 737mg	28 Steak & Egg Frittata Calories: 924 Protein: 52g Carbohydrates: 86g Fat: 42g Fiber: 6g Sodium: 1,109mg	29 Supreme Pizza Calories: 825 Protein: 46g Carbohydrates: 90g Fat: 34g Fiber: 12g Sodium: 990mg	30 Pumpkin Ravioli Calories: 1,384 Protein: 45g Carbohydrates: 191g Fat: 51g Fiber: 20g Sodium: 1,559mg