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

Monday Parachute & New Castle	Tuesday Rifle	Wednesday Parachute &Silt	Thursday Rifle	Friday Rifle
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 Chicken Enchiladas** Sour Cream, tomato, lettuce Pinto Beans w/ Vegetables Fresh Mixed Fruit Cup Tres Leches Cake
5 Turkey BLT Sunflower Broccoli Salad Whole Wheat Crackers Grapes Lemon Bar	**6 Chicken Fried Steak** Mashed Potatoes, Gravy Honey Garlic Green Beans Baked Beans Strawberries Ice Cream	**7 Chicken Fried Steak** Mashed Potatoes, Gravy Honey Garlic Green Beans Baked Beans Strawberries Ice Cream	**8 Beef Stroganoff** Wheat Texas Roll California Mixed Vegetables Mandarins Red Velvet Cake	**9 Open Beef Sandwich** Wheat Bread, Beef Gravy Mashed Potatoes Mixed Vegetables Orange Key Lime Pie
12 Chicken Noodle Soup Wheat Dinner Roll Caesar Salad Apple Chocolate Cake	**13 Green Chili Chicken Soup** Brown Rice Sweet Corn Iceberg Blue Cheese Salad Lemon Cupcake, Orange	**14 Baked Ziti** w/ Sausage Tossed Salad w/ Shallots Dinner Roll Orange Chocolate Chip Cookie	**15 Broccoli Cheddar Soup** Chicken Salad on Wheat Bread with Lettuce & Tomato Wheat Crackers Vanilla Yogurt, Raspberries	**16 Baked Potato Bar** Cheese, sour cream, chives Beef Chili Salad Mix Cornbread Pound Cake w/ Cream
19 Cheeseburger w/ lettuce, tomato, onion Sweet Potato Fries Green Salad Apple	**20 Orange Chicken** Whole Grain Bread Basmati Rice Stir Fry Vegetables Egg Roll Doughnut Hole, Cran Juice	**21 Beef Fajitas** Lettuce, tomato, cheese, sour cream, tortilla Pinto Beans w/ vegetables Brownie	**22 Ham Salad Sandwich** Wheat Dinner Roll Sunflower Broccoli Salad Apple Sugar Cookie	**23 Meatloaf** Mashed Potatoes Brown Gravy Squash Medley Caesar Salad Pumpkin Bread
26 BBQ Pork Sandwich On Wheat Bun Sunflower Broccoli Salad Plum Banana Pudding	**27 Pork Roast** Wheat Texas Roll Five-Way Mixed Vegetables Mashed Potatoes, Gravy Baked Apples	**28 Spinach Quiche** Tossed Salad Sunflower Seeds Blueberry Bran Muffin Chocolate Pudding, Orange	**29 Supreme Pizza** Tossed Salad Northwest Apple Salad Jello	**30 Beef Pumpkin Chili** Sour cream and cheese Cornbread Garden Salad Apple Chocolate Zucchini Muffin

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.

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			1 Chicken Asian Salad Calories: 930 Protein: 48g Carbohydrates: 84g Fat: 48g Fiber: 10g Sodium: 848mg	**2 Chicken Enchiladas** Calories: 1,037 Protein: 68g Carbohydrates: 131g Fat: 29g Fiber: 15g Sodium: 615mg
5 Turkey BLT Calories: 892 Protein: 28g Carbohydrates: 118g Fat: 36g Fiber: 9g Sodium: 786mg	**6 Chicken Fried Steak** Calories:1,081 Protein: 80g Carbohydrates: 111g Fat: 34g Fiber: 13g Sodium: 763mg	**7 Chicken Fried Steak** Calories:1,081 Protein: 80g Carbohydrates: 111g Fat: 34g Fiber: 13g Sodium: 763mg	**8 Beef Stroganoff** Calories: 1,055 Protein: 56g Carbohydrates: 109g Fat: 47g Fiber: 12g Sodium: 931mg	**9 Open Beef Sandwich** Calories: 1,068 Protein: 48g Carbohydrates: 124g Fat: 44g Fiber: 12g Sodium: 599mg
12 Chicken Noodle Soup Calories: 907 Protein: 54g Carbohydrates: 97g Fat: 34g Fiber: 10g Sodium: 947mg	**13 Green Chili Soup** Calories: 733 Protein: 25g Carbohydrates: 120g Fat: 19g Fiber: 13g Sodium: 1,182mg	**14 Baked Ziti** Calories: 774 Protein: 37g Carbohydrates: 78g Fat: 37g Fiber: 10g Sodium: 1,118mg	**15 Broccoli Cheddar** Calories: 774 Protein: 49g Carbohydrates: 90g Fat: 24g Fiber: 10g Sodium: 805mg	**16 Baked Potato Bar** Calories: 1,115 Protein: 36g Carbohydrates: 127g Fat: 52g Fiber: 10g Sodium: 1,021mg
19 Cheeseburger Calories: 841 Protein: 45g Carbohydrates: 97g Fat: 33g Fiber: 13g Sodium: 1,120mg	**20 Orange Chicken** Calories:1,016 Protein: 54g Carbohydrates: 137g Fat: 28g Fiber: 9g Sodium: 776mg	**21 Beef Fajitas** Calories: 1,099 Protein: 58g Carbohydrates: 137g Fat: 38g Fiber: 20g Sodium: 816mg	**22 Ham Salad Sandwich** Calories: 677 Protein: 23g Carbohydrates: 73g Fat: 34g Fiber: 9g Sodium: 920mg	**23 Meatloaf** Calories: 911 Protein: 44g Carbohydrates: 91g Fat: 43g Fiber: 10g Sodium: 416mg
26 BBQ Pork Sandwich Calories: 937 Protein: 49g Carbohydrates: 101g Fat: 40g Fiber: 11g Sodium: 1,039mg	**27 Pork Roast** Calories:750 Protein: 31g Carbohydrates: 116g Fat: 21g Fiber: 15g Sodium: 529mg	**28 Spinach Quiche** Calories: 1,102 Protein: 38g Carbohydrates: 136g Fat: 48g Fiber: 12g Sodium: 1,171mg	**29 Supreme Pizza** Calories: 825 Protein: 46g Carbohydrates: 90g Fat: 34g Fiber: 12g Sodium: 990mg	**30 Beef Pumpkin Chili** Calories: 866 Protein: 35g Carbohydrates: 111g Fat: 33g Fiber: 14g Sodium: 1,077mg