

September 2026 | Meal sites: Glenwood Springs & Carbondale

Monday Parachute & New Castle	Tuesday Glenwood Springs	Wednesday Carbondale	Thursday Rifle	Friday Glenwood Springs
	1 Chicken Cacciatore Mixed Vegetables Brown Rice Green Salad Brownie	2 Spaghetti & Meatballs Ratatouille Garlic Roll Caesar Salad Cheesecake	3 Supreme Pizza Tossed Salad w/ Lemon Basil Dressing Northwest Apple Salad Jello	4 Grilled Bratwurst, Bun Peppers & Onions Pasta Salad, Chips Green Salad Lemon Squares
7 No Meal Service Labor Day County Holiday	8 Open Turkey Sandwich Gravy, Mashed Potatoes Peas & Carrots Iceberg w/ Bleu Cheese Chocolate Pudding	9 Honey Mustard Chicken Broccoli Herb Roasted Potatoes Green Salad Chocolate Cake	10 Chicken Fried Steak Mashed Potatoes White Gravy Green Beans w/ Almonds Orange Peaches & Cream	11 Cilantro Lime Tri-tip Cream Corn, Spinach Garlic Green Chili Polenta Green Salad Ice Cream Cup
14 Baked Potato Bar Cheese, sour cream, chives Beef Chili Green Salad Cornbread Pound Cake, Cream	15 Pork Fritter Brown Gravy Mixed Vegetables Mashed Potatoes Iceberg, Olive, Tomato, Feta Brownie	16 Shrimp Curry Roasted Cauliflower Orzo Pasta Green Salad Coconut Pudding	17 Lasagna Wheat Texas Roll Spinach Salad w/ Mandarins Clementines Cheesecake	18 Shepherd's Pie Peas & Carrots Mashed Potatoes Dinner Roll Caesar Salad Sheet Cake
21 Meatloaf Mashed Potatoes, Gravy Squash Medley Caesar Salad Pumpkin Bread	22 Chicken Salad Green Peas Salad Pasta Salad Baguette Green Salad Brownie	23 Chicken Parmesan Broccoli & Carrots Pasta Bechamel Caesar Salad Cheesecake	24 Beef & Broccoli Stir Fry Brown Rice Asian Cucumber Salad Cherry Crisp	25 Chicken Enchilada Casserole Pepper, Onion, Mushroom Spanish Rice, Black Beans Southwest Salad Tres Leches Cake
28 Breaded Pork Chop Peas & Carrots Mushroom Barley Lentil Pilaf Cinnamon Applesauce Orange Bread Pudding	29 Fried Chicken Peas & Carrots Mashed Potatoes & Gravy Green Salad Cookie	30 Grilled Salmon, Caper Cream Mixed Vegetables Herb Roasted Potatoes Iceberg, bleu cheese salad Pound Cake, Strawberry	Reservations for Rifle: 970-665-6540 New Castle, Parachute & Silt: 970-665-0041 24 hours in advance	Reservations for 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. 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.

Monday Parachute & New Castle	Tuesday Glenwood Springs	Wednesday Carbondale	Thursday Rifle	Friday Glenwood Springs
	1 Chicken Cacciatore Calories: 829 Protein: 48g Carbohydrates: 106g Fat: 24g Fiber: 11g Sodium: 580mg	2 Spaghetti & Meatballs Calories: 1,152 Protein: 49g Carbohydrates: 111g Fat: 57g Fiber: 7g Sodium: 1,496 mg	3 Supreme Pizza Calories: 825 Protein: 46g Carbohydrates: 90g Fat: 34g Fiber: 12g Sodium: 990mg	4 Grilled Bratwurst Calories: 1,592 Protein: 46g Carbohydrates: 189g Fat: 76g Fiber: 14g Sodium: 1,581mg
7 No Meal Service Labor Day County Holiday	8 Open Turkey Sandwich Calories: 697 Protein: 32g Carbohydrates: 113g Fat: 16g Fiber: 11g Sodium: 1,337mg	9 Honey Mustard Chicken Calories: 994 Protein: 56g Carbohydrates: 130g Fat: 29g Fiber: 13g Sodium: 1,182mg	10 Chicken Fried Steak Calories: 989 Protein: 76g Carbohydrates: 94g Fat: 35g Fiber: 12g Sodium: 485mg	11 Cilantro Lime Tri-tip Calories: 815 Protein: 49g Carbohydrates: 95g Fat: 28g Fiber: 6g Sodium: 627mg
14 Baked Potato Bar Calories: 1,115 Protein: 36g Carbohydrates: 127g Fat: 52g Fiber: 10g Sodium: 1,021mg	15 Pork Fritter Calories: 852 Protein: 34g Carbohydrates: 117g Fat: 28g Fiber: 8g Sodium: 1,386mg	16 Shrimp Curry Calories: 616 Protein: 29g Carbohydrates: 86g Fat: 20g Fiber: 10g Sodium: 898mg	17 Lasagna Calories: 1,134 Protein: 54g Carbohydrates: 132g Fat: 46g Fiber: 13g Sodium: 1,105mg	18 Shepherd's Pie Calories: 1,089 Protein: 41g Carbohydrates: 130g Fat: 47g Fiber: 9g Sodium: 896mg
21 Meatloaf Calories: 983 Protein: 51g Carbohydrates: 95g Fat: 45g Fiber: 9g Sodium: 594mg	22 Chicken Salad Calories: 1,171 Protein: 50g Carbohydrates: 160g Fat: 40g Fiber: 13g Sodium: 1,065mg	23 Chicken Parmesan Calories: 1,170 Protein: 67g Carbohydrates: 105g Fat: 56g Fiber: 9g Sodium: 846mg	24 Beef & Broccoli Calories: 869 Protein: 49g Carbohydrates: 89g Fat: 37g Fiber: 10g Sodium: 590mg	25 Chicken Enchilada Calories: 1,315 Protein: 61g Carbohydrates: 158g Fat: 54g Fiber: 25g Sodium: 1,359mg
28 Breaded Pork Chop Calories: 854 Protein: 45g Carbohydrates: 129g Fat: 19g Fiber: 17g Sodium: 480mg	29 Fried Chicken Calories: 691 Protein: 52g Carbohydrates: 83g Fat: 18g Fiber: 8g Sodium: 753mg	30 Grilled Salmon Calories: 1,003 Protein: 50g Carbohydrates: 102g Fat: 43g Fiber: 12g Sodium: 815mg		