

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

Monday Parachute & New Castle	Tuesday Rifle	Wednesday Parachute & Silt	Thursday Rifle	Friday Rifle
	1 Chicken Cordon Bleu Brown Rice Pilaf Five-Way Mixed Vegetables Fresh Mixed Fruit Cup Lemon Bar	2 Spaghetti & Meatballs Marinara Sauce Tossed Salad Fresh Mixed Fruit Cup Chocolate Chip Cookie	3 Supreme Pizza Tossed Salad w/ Lemon Basil Dressing Northwest Apple Salad Jello	4 Hot Dogs Wheat Bun, Onion Potato Chips Macaroni & Cheese Fruit Cocktail, Orange Juice Chocolate Brownie
7 No Meal Service Labor Day County Holiday	8 Turkey BLT Sunflower Broccoli Salad Grapes Whole Wheat Crackers Lemon Bar	9 Honey Mustard Chicken Wild Rice Pilaf Herbed Squash Caesar Salad Orange, Cranberry Juice Pound Cake, Cream	10 Chicken Fried Steak Mashed Potatoes White Gravy Green Beans w/ Almonds Orange Peaches & Cream	11 Garlic Lime Tri-Tip Peppers & Onions Spanish Rice Black Beans Pound Cake, Cream
14 Baked Potato Bar Cheese, sour cream, chives Beef Chili Green Salad Cornbread Pound Cake, Cream	15 Pulled Pork Sandwich On Whole Wheat Bun Coleslaw Peas & Carrots Orange Strawberry Jell-o	16 Chicken Curry California Mixed Vegetables Coconut Brown Rice Egg Roll Bibb Salad Lemon Bar, Cranberry Juice	17 Lasagna Wheat Texas Roll Spinach Salad w/ Mandarins Clementines Cheesecake	18 Shepherd's Pie Wheat Dinner Roll Sweet Corn Cucumber Green Salad Orange
21 Meatloaf Mashed Potatoes, Gravy Squash Medley Caesar Salad Pumpkin Bread	22 Swedish Meatballs Whole Wheat Spaghetti Honey Glazed Carrots Sunshine Fruit Salad Chocolate Pudding	23 Chicken Parmesan Wheat Spaghetti, Marinara Wheat Garlic Bread Tossed Salad Orange	24 Beef & Broccoli Stir Fry Brown Rice Asian Cucumber Salad Cherry Crisp	25 Smothered Burrito Lettuce, Tomato, Sour cream Cilantro Lime Brown Rice Brussel Sprouts & Peppers Mixed Berries
28 Breaded Pork Chop Peas & Carrots Mushroom Barley Lentil Pilaf Cinnamon Applesauce Orange Bread Pudding	29 Fried Chicken Three Bean Salad Potato Salad Cornbread Watermelon Apple Pie	30 Maple Glazed Salmon Wheat Texas Roll Roasted Rosemary Potatoes Broccoli Parmesan Mixed Berries Vanilla Ice Cream	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 Rifle	Wednesday Parachute & Silt	Thursday Rifle	Friday Rifle
	1 Chicken Cordon Bleu Calories: 938 Protein: 40g Carbohydrates: 133g Fat: 28g Fiber: 10g Sodium: 661mg	2 Spaghetti & Meatballs Calories: 934 Protein: 54g Carbohydrates: 115g Fat: 31g Fiber: 12g Sodium: 785mg	3 Supreme Pizza Calories: 825 Protein: 46g Carbohydrates: 90g Fat: 34g Fiber: 12g Sodium: 990mg	4 Hot Dogs Calories: 1,329 Protein: 46g Carbohydrates: 173g Fat: 53g Fiber: 10g Sodium: 1,327mg
7 No Meal Service Labor Day County Holiday	8 Turkey BLT Calories: 892 Protein: 28g Carbohydrates: 117g Fat: 36g Fiber: 9g Sodium: 786mg	9 Honey Mustard Chicken Calories: 1,156 Protein: 55g Carbohydrates: 148g Fat: 36g Fiber: 9g Sodium: 1,576mg	10 Chicken Fried Steak Calories: 989 Protein: 76g Carbohydrates: 94g Fat: 35g Fiber: 12g Sodium: 485mg	11 Garlic Lime Tri-Tip Calories: 897 Protein: 45g Carbohydrates: 105g Fat: 34g Fiber: 16g Sodium: 589mg
14 Baked Potato Bar Calories: 1,115 Protein: 36g Carbohydrates: 127g Fat: 52g Fiber: 10g Sodium: 1,021mg	15 Pulled Pork Sandwich Calories: 790 Protein: 29g Carbohydrates: 103g Fat: 28g Fiber: 12g Sodium: 1,100mg	16 Chicken Curry Calories: 1,266 Protein: 42g Carbohydrates: 155g Fat: 56g Fiber: 12g Sodium: 1,182mg	17 Lasagna Calories: 1,134 Protein: 54g Carbohydrates: 132g Fat: 46g Fiber: 13g Sodium: 1,105mg	18 Shepherd's Pie Calories: 683 Protein: 40g Carbohydrates: 91g Fat: 20g Fiber: 14g Sodium: 1,076mg
21 Meatloaf Calories: 983 Protein: 51g Carbohydrates: 95g Fat: 45g Fiber: 9g Sodium: 594mg	22 Swedish Meatballs Calories: 855 Protein: 31g Carbohydrates: 124g Fat: 30g Fiber: 11g Sodium: 799 mg	23 Chicken Parmesan Calories: 839 Protein: 57g Carbohydrates: 103g Fat: 23g Fiber: 15g Sodium: 874mg	24 Beef & Broccoli Calories: 869 Protein: 49g Carbohydrates: 89g Fat: 37g Fiber: 10g Sodium: 590mg	25 Smothered Burrito Calories: 1,079 Protein: 50g Carbohydrates: 149g Fat: 33g Fiber: 27g Sodium: 973mg
28 Breaded Pork Chop Calories: 854 Protein: 45g Carbohydrates: 129g Fat: 19g Fiber: 17g Sodium: 480mg	29 Fried Chicken Calories: 1,187 Protein: 64g Carbohydrates: 147g Fat: 39g Fiber: 14g Sodium: 1,105mg	30 Maple Glazed Salmon Calories: 1,129 Protein: 56g Carbohydrates: 99g Fat: 55g Fiber: 13g Sodium: 748mg		