

Garfield County Older Adults Programs		April, 2024		Nutrition Program		Parachute, Rifle, Silt, New Castle																		
Monday		Tuesday		Wednesday		Thursday																		
Parachute & New Castle		Rifle & GWS		Carbondale, Silt & Parachute		Rifle																		
Friday		Friday		Friday		Friday																		
Parachute & New Castle		Rifle & GWS		Carbondale, Silt & Parachute		Rifle																		
1 Baked Potato Bar Cheese, Sour Cream, Chili, Chives Green Salad Cornbread Pound Cake w/ Whipped Cream Milk	2 Biscuits & Gravy Pork Sausage Peppers and Onions Spinach Orange Slices Yogurt Parfait Milk	3 Biscuits & Gravy Pork Sausage Peppers and Onions Spinach Orange Slices Yogurt Parfait Milk	4 Chicken Pot Pie Cranberry Spinach Salad Apple Vanilla Ice Cream Milk	5 BLT Tomato & Cucumber Salad Potato Salad Fresh Pears Almond Biscotti Milk	8 Vegetable Beef Soup Egg Salad Sandwich Cranberry Spinach Salad Fresh Fruit Cup Sugar Cookie Milk Birthday Surprise	9 Chicken Parmesan Pasta with Marinara Sauce Whole Wheat Garlic Bread Tossed Salad w/ Basil Dressing Fresh Fruit Milk Birthday Surprise	10 Chicken Parmesan Pasta with Marinara Sauce Whole Wheat Garlic Bread Tossed Salad w/ Basil Dressing Fresh Fruit Milk Birthday Surprise	11 Turkey Wrap Garbanzo Bean Tomato Salad Tropical Mixed Fruit Orange Jello Milk	12 Sweet and Sour Pork Brown Rice Whole Wheat Dinner Roll Broccoli Pineapple Fruit Fluff Milk	15 Pizza Garden Salad Apple Banana Crumble Milk	16 Beef Stroganoff Whole Wheat Dinner Roll Mixed Vegetables Mandarin Oranges Chocolate Pudding Milk	17 Beef Stroganoff Whole Wheat Dinner Roll Mixed Vegetables Mandarin Oranges Chocolate Pudding Milk	18 Chicken Noodle Soup Whole Wheat Dinner Roll Caesar Salad Apple Chocolate Cake Milk	19 Herb Roasted Chicken Carrots, Celery, Onions Parsley Buttered Potatoes Mixed green Salad Fresh Strawberries Chocolate Chip Banana Bread Cranberry Juice, Milk	22 BBQ Pulled Pork Sandwich on a Whole Wheat Bun Coleslaw Peas & Carrots Fresh Orange Strawberry Jello Milk	23 Chicken Fried Steak w/ Gravy Mashed Potatoes Green Beans w/ Almonds Whole Wheat Dinner Roll Peaches & Cream Milk	24 Chicken Fried Steak w/ Gravy Mashed Potatoes Green Beans w/ Almonds Whole Wheat Dinner Roll Peaches & Cream Milk	25 Shephard's Pie Whole Wheat Dinner Roll Broccoli & Cauliflower Pears Milk	26 Pork Roast w/ Gravy Whole Wheat Texas Roll Five Way Mixed Vegetables Mashed Potatoes Baked Apples Milk	29 Spinach Quiche Blueberry Bran Muffin Tossed Salad Sunflower Seeds Orange slices Chocolate Pudding Milk	30 Green Chili Chicken Brown Rice Sweet Corn Iceberg Salad w/ Blue Cheese Fresh Fruit Lemon Cupcake Milk		Menus are subject to change due to the availability of food. Reservation by noon 48 hours in advance Call the phone number at the bottom of the menu	Suggested Donation 0+ the recommended contribution or each meal is \$3.00. Participants are encouraged to pay as they are able. Guest Fees Under 60 & Caretakers - the fee is \$10.25

Carbondale: 665-0041 Silt: 665-0041
Rifle: 665-6540
New Castle 665-0041 by Friday at Noon
Parachute: 665-0041 by Monday and Friday at NOON
GWS: 665-0041

This program is provided through cooperative efforts of the Garfield County Department of Human Services, the City of Rifle, The NW Colorado Area Agency on Aging, Town of New Castle, Town of Silt, Town of Carbondale, RFTA, City of Glenwood Springs, Colorado Mountain College, Donations and Client Contributions
MENU PREPARED & APPROVED BY Emily Stanton RDN
Senior Program Staff 945-9191 Debby ext. 3084, Jeff ext. 3196, Jenny ext. 3275