

Garfield County Senior Programs		August, 2024		Nutrition Program		Rifle, Parachute, Silt, New Castle	
Monday	Tuesday	Wednesday	Thursday	Friday			
Parachute & New Castle	Rifle & GWS	Carbondale, Silt & Parachute	Rifle	GWS & Rifle			
Suggested Donation 60+ the recommended contribution for each meal is \$3.00. Participants are encouraged to pay as they are able. Guest Fees Under 60 & Caretakers - the fee is \$10.25	Reservation by noon 48 hours in advance Call the phone number at the bottom of the menu Menus are subject to change due to the availability of food.		1 BBQ Pulled Pork on Whole Wheat Bun Coleslaw Peas & Carrots Orange Strawberry Jell-o Milk	2 Herb Roasted Chicken Carrots, Celery, Onions Parsley Potatoes Mixed Green Salas Strawberries Chocolate Chip Banana Bread Cranberry Apple Juice, Milk			
5 Taco Salad w/ Cheese, Sour Cream, Salsa Steamed Brown Rice Pineapple Sugar Cookie Milk Birthday Surprise	6 Chicken Pot Pie Spinach Strawberry Salad Fresh Fruit Chocolate Ice Cream Milk Birthday Surprise	7 Salmon Salad on Cranberry Spinach Salad Whole Wheat Dinner Roll w/ Butter Apple Chocolate Pudding Milk Birthday Surprise	8 Chicken California Wrap Cranberry Walnut Coleslaw Orange Potato Chips Snickerdoodle Cookie Milk	9 Beef Stew Cornbread Applesauce Lemon Zucchini Drops Milk			
12 Pork Chop w/ gravy Garlic Green Beans Roasted Garlic Mashed Potatoes Pear Bread Pudding Milk	13 Fried Chicken Three Bean Salad Potato Salad Cornbread Watermelon Apple Pie Milk	14 Fried Chicken Three Bean Salad Potato Salad Cornbread Watermelon Apple Pie Milk	15 Beef Lasagna Whole Wheat Texas Roll Spinach Salad w/ Mandarin Orange Clementines Cheesecake Milk	16 Meatloaf Mashed Potatoes, Brown Gravy Mixed Fruit Peas and Carrots Cinnamon Roll Milk			
19 Pizza Garden Salad Apple Banana Crumble Milk	20 Spinach Quiche Blueberry Bran Muttin Tossed Salad Sunflower Seeds Orange Chocolate Pudding Milk	21 Chicken Curry California Mixed Vegetables Coconut Brown Rice Egg Roll Bibb Salad Lemon Bar Cranberry Apple Juice, Milk	22 Chicken Asian Salad Whole Wheat Dinner Roll Cashews Apple Oatmeal Raisin Cookie Milk	23 Shrimp Pesto Pasta Broccoli Grapes Sugar Cookie Milk			
26 Chicken Tortilla Soup Lime, Cilantro, Cheese, Sour Cream Southwest Bean & Corn Salad Cornbread Mixed Fruit Cup Milk	27 Chicken Salad Sandwich on Croissant w/ Lettuce, Tomato Walnut Berry Salad Apple Orange Jell-o Milk	28 Chicken Salad Sandwich on Croissant w/ Lettuce, Tomato Walnut Berry Salad Apple Orange Jell-o Milk	29 Chicken Fried Steak w/ White Gravy Mashed Potatoes Honey Garlic Green Beans Baked Beans Strawberries w/ Vanilla Ice Cream Milk	30 Ham Macaroni & Cheese Mixed Vegetables Roasted Sweet Potatoes Salad w/ Blue Cheese Chocolate Cupcake Milk			

Call for reservations

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 EmilyStanton RDN

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