




Garfield County Senior Programs		November, 2024		Nutrition Program		Rifle, Silt, Parachute. New Castle	
Monday	Tuesday	Wednesday	Thursday	Friday			
Parachute & New Castle	Rifle & GWS	Carbondale, Silt & Parachute	Rifle	GWS & Rifle			
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 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			1 Eggplant Parmesan Calories: 950 Carbohydrates: 121 g Fiber: 15 g Fat: 25 g Sodium: 976 mg			
4 Chicken Fried Steak Calories: 1,081 Carbohydrates: 111 g Fiber: 13 g Fat: 34 g Sodium: 763 mg Birthday Surprise	5 Swedish Meatballs Calories: 700 Carbohydrates: 96 g Fiber: 10 g Fat: 26 g Sodium: 648 mg Birthday Surprise	6 Swedish Meatballs Calories: 700 Carbohydrates: 96 g Fiber: 10 g Fat: 26 g Sodium: 648 mg Birthday Surprise	7 Clam Chowder Calories: 781 Carbohydrates: 102 g Fiber: 10 g Fat: 31 g Sodium: 1,152 mg	8 Herb Roasted Chicken Calories: 750 Carbohydrates: 94 g Fiber: 10 g Fat: 24 g Sodium: 920 mg			
11 Veterans Day County Holiday No Meal Service	12 Biscuits & Gravy Calories: 1,056 Carbohydrates: 130 g Fiber: 16 g Fat: 44 g Sodium: 1,199 mg	13 Biscuits & Gravy Calories: 1,056 Carbohydrates: 130 g Fiber: 16 g Fat: 44 g Sodium: 1,199 mg	14 Beef Stroganoff Calories: 965 Carbohydrates: 98 g Fiber: 10 g Fat: 41 g Sodium: 818 mg	15 Orange Chicken Calories: 1,1016 Carbohydrates: 137 g Fiber: 9 g Fat: 28 g Sodium: 776 mg			
18 Tomato Soup, Grilled Cheese Calories: 954 Carbohydrates: 107 g Fiber: 15 g Fat: 47 g Sodium: 749 mg	19 Beef Brisket Calories: 978 Carbohydrates: 96 g Fiber: 9 g Fat: 51 g Sodium: 1,393 mg	20 Beef Brisket Calories: 978 Carbohydrates: 96 g Fiber: 9 g Fat: 51 g Sodium: 1,393 mg	21 Chicken Noodle Soup Calories: 907 Carbohydrates: 97 g Fiber: 10 g Fat: 34 g Sodium: 947 mg	22 Tuna Stuffed Tomato Calories: 809 Carbohydrates: 103 g Fiber: 11 g Fat: 31 g Sodium: 826 mg			
25 Turkey Dinner Calories: 1,229 Carbohydrates: 164 g Fiber: 11 g Fat: 48 g Sodium: 605 mg Thanksgiving Celebration	 26 Turkey Dinner Calories: 1,229 Carbohydrates: 164 g Fiber: 11 g Fat: 48 g Sodium: 605 mg Thanksgiving Celebration	 27 Turkey Dinner Calories: 1,229 Carbohydrates: 164 g Fiber: 11 g Fat: 48 g Sodium: 605 mg Thanksgiving Celebration	 28 Thanksgiving County Holiday No Meal Service	29 Post Thanksgiving County Holiday No Meal Service			

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
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