





Garfield County Older Adult Programs		March, 2025			Rifle, Silt, New Castle, Parachute	
Monday	Tuesday	Wednesday	Thursday	Friday		
Parachute & New Castle	Rifle & GWS	Carbondale, Silt & Parachute	Rifle	GWS & Rifle		
3 Chicken Cordon Bleu Five-Way Mixed Vegetables Brown Rice Pilaf Fresh Fruit Cup Lemon Bar Milk Birthday Surprise	4 Shrimp Tacos sour cream, cilantro, lettuce, tomato Southwest Bean & Corn Salad Creamy Coleslaw Red Grapes Milk Mardi Gras & Birthday Surprise	5 Shrimp Tacos sour cream, cilantro, lettuce, tomato Southwest Bean & Corn Salad Creamy Coleslaw Red Grapes Milk Ash Wednesday & Birthday Surprise	6 Homemade Pizza Garden Salad Apple Banana crumble Milk	7 Sloppy Joe Garden Salad Sweet Potato Fries Pear Bread Pudding Milk		
10 Hamburger Casserole Green Beans Dinner Roll w/ butter Pear Confetti Cupcake Milk	11 BBQ Chicken Marinated Tomato Salad Baked Beans Dinner Roll Apple Blueberry Crisp Milk	12 Corned Beef Cabbage & Carrots Roasted Rosemary Potatoes Garden Salad Apple  Chocolate Cake, Milk St. Patricks Celebration	13 Taco Salad w/ cheese, sour cream, salsa Brown Rice Pineapple Sugar Cookie Milk	14 Corned Beef Cabbage & Carrots Roasted Rosemary Potatoes Garden Salad Apple  Chocolate Cake, Milk St. Patricks Celebration		
17 Corned Beef Cabbage & Carrots Roasted Rosemary Potatoes Garden Salad  Apple Chocolate Cake, Milk St. Patricks Celebration	18 Open Faced Beef Sandwich w/ Gravy California Mixed Vegetables Mashed Potatoes Orange Key Lime Pie Milk	19 Open Faced Beef Sandwich w/ Gravy California Mixed Vegetables Mashed Potatoes Orange Key Lime Pie Milk	20 New England Clam Chowder Turkey Sandwich Caesar Salad Orange Strawberry Shortcake Milk	21 Tortellini Pasta Dinner Roll Brussel Sprouts Banana Snickerdoodle Cookie Milk		
24 Beef Lasagna Whole Wheat Roll Spinach Mandarin Orange Salad Clementines Cheesecake Milk	25 Pesto Chicken Pasta Primavera Cranberry Spinach Salad Dinner Roll Apple Milk	26 Chicken Fajitas salsa Spanish Rice Black beans Green Salad French Vanilla Cake Milk	27 Meatloaf w/ Brown Gravy Mashed Potatoes Squash Medley Caesar Salad Pumpkin Bread Milk	28 Chicken Fajitas salsa Spanish Rice Black beans Green Salad French Vanilla Cake Milk		
31 Chicken Fried Steak w/ White Gravy Mashed Potatoes Honey Garlic Green Beans Baked Beans Vanilla Icecream, Strawberries Milk			Suggested Donation 10+ 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	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		

**Allergen ingredient information available upon request
 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, Kappe ext. 3263