


Garfield County Senior Programs		May 2022 Senior Nutrition Program		
Monday	Tuesday	Wednesday	Thursday	Friday
Parachute & New Castle	Rifle, GWS and Sunnyside	Carbondale, Silt & Parachute	Rifle	GWS, Sunnyside & Rifle
	3 Biscuits, Sausage & Gravy Sautéed Peppers & Onion Breakfast Potatoes Naval Orange Yogurt w/ Blueberries Milk	4 Savory Meatloaf Mashed Potatoes w/ Gravy Carrot, Onion, Celery Medley Whole Wheat Roll w/Butter Yogurt w/ Blueberries Milk	5 BBQ Pork Sandwich Whole Wheat Bun Broccoli Sunflower Salad Fresh Fruit Banana Pudding Milk	6 Penne Pasta Pomodora w/ Meatballs Whole Wheat Garlic Bread Caesar Salad Grilled Squash Chocolate Chip Cookie, Milk
9 Egg Salad Sandwich Whole Wheat Bread Spinach Quinoa Salad Fresh Grapes Blondie Brownie Milk	10 Olive Chicken Over Brown Rice Sweet Corn, Whole Fruit Garden Salad w/ Light Ranch Chocolate Eclair Milk	11 Olive Chicken Over Brown Rice Sweet Corn, Whole Fruit Garden Salad w/ Light Ranch Chocolate Eclair Milk	12 Mexican Beef Casserole w/ Spanish Rice Paprika Roasted Cauliflower Zucchini Lemon Drop Cookie Whole Fruit Milk	13 Braised Pork Garlic Polenta Green Pea Salad Whole Wheat Garlic Bread Goey Brownie Milk
16 Turkey Meatball Sub on Hoagie Bun Roasted Asparagus Potato Salad Apple Crisp Whole Fruit Milk	17 Spinach Ricotta Pasta Steamed Peas & Carrots Whole Wheat Roll w/Butter Fresh Banana Doughnut Hole Milk	18 Loaded Baked Potato w/ Beef Chili Homemade Corn Bread Garden Salad w/ Balsamic Pound Cake Milk	19 Chicken Salad w/ Grapes and Walnuts On Whole Wheat Roll Cucumber Tomato Salad Naval Orange Carrot Cake Milk	20 Grilled Steak w/Lime Sautéed Peppers & Onions Spanish Rice & Black Beans Whole Fruit Pound Cake Milk
23 Chicken Ala King Over Homemade Biscuit Spinach Apple Salad w/ Vinaigrette Banana Crumble Dessert Milk	24 Ham Mac&Cheese Casserole Sweet Potato Mixed Vegetables Garden Salad w/ Light Ranch Cupcake Milk	25 Grilled Salmon Roasted Sweet Potatoes Mixed Vegetables Caesar Salad Cream Puffs Milk	26 Beef & Broccoli Stir Fry Over Brown Rice Asian Cucumber Salad Cherry Crisp Milk	27 Shepard's Pie Whole Wheat Roll w/Butter Sweet Corn Cucumber Sticks Spinach Salad w/ Chickpeas Naval Orange Milk
30 Homemade Pizza Garden Vegetable Salad w/ Oil and Vinegar Dressing Crisp Apple Banana Crumble Dessert Milk	31 Beef Stroganoff Orzo Pasta Roasted Cauliflower Caesar Salad Cheese Cake Milk		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.

Carbondale: 665-0041 Silt: 665-0041
Rifle: 665-6540 Sunnyside 665-0041
New Castle 665-0041 by Friday at Noon
Parachute: 665-0041 by Monday and Friday at NOON
GWS: 665-0041 (Chat n' Chew)

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, and Aspen Chef, Donations and Client Contributions
MENU PREPARED AND APPROVED BY STEPHANIE NICK RDN
Senior Program Staff 945-9191 Judy ext 3061, Debby ext. 3084 and Barbara ext. 3005