








| Garfield County Senior Programs   |  | Alt. Tuesday Soup Menu  | February 2020 Senior Nutrition Program  |  |  |
|---|--|---|---|--|--|
| Monday  | Tuesday  | Tuesday   | Wednesday   | Thursday   | Friday   |
| Sunnyside & New Castle  | Glenwood Springs & Rifle   | Rifle   | Carbondale, Silt & Parachute  | Rifle & Sunnyside  | Glenwood Springs & Rifle   |
|   |  |   |   | <b>Suggested Donation</b><br>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 \$9.50 | <b>Reservation cut off is the day before.</b><br>Call the phone number at the bottom of the menu. Menus are subject to change due to the availability of food.   |
| <b>3 Beef Fajitas</b><br>w/Bell Peppers, Onions<br>Lettuce, Tomato, Cheese<br>Salsa & Sour Cream<br>Pinto Beans, Banana Fruit Salad<br>Milk<br><b>Birthday Surprise</b>  | <b>4 Sloppy Joes</b><br>On Whole Wheat Bun<br>Cranberry Walnut Coleslaw<br>Baked Beans<br>Seasonal Fruit, Milk<br><b>Birthday Surprise</b>  | <b>4 Chicken Tortilla Soup</b><br>Whole Wheat Roll w/Butter<br>Seasonal Fruit,<br>Milk<br><b>Birthday Surprise</b>  | <b>5 New England Clam Chowder</b><br>Turkey Sandwich w/fixings<br>Caesar Salad<br>Oyster Crackers<br>Seasonal Fruit<br>Milk<br><b>Birthday Surprise</b>  | <b>6 Savory Swedish Meatballs</b><br>over Oven Steamed Brown Rice<br>Orange Glazed Carrots<br>w/Broccoli<br>Apple Berry Crisp<br>Milk  | <b>7 Egg Salad Sandwich</b><br>with Tomato Basil Soup<br>Orange Spinach Berry Salad<br>Chocolate Chip Cookie<br>Milk   |
| <b>10 Crispy Chicken Parmesan Over Spaghetti</b><br>Wheat Buttered Garlic Bread<br>Tossed Salad w/Mixed Veggies,<br>Creamy Basil Dressing<br>Sunshine Fruit Salad, Milk   | <b>11 Chili Relleno Casserole</b><br>Mexican Zucchini Corn Mix<br>Coconut Fruit Salad<br>Whole Wheat Tortilla<br>Chocolate Chip Cookie<br>Milk   | <b>11 Chicken Barley Soup</b><br>Whole Wheat Roll w/Butter<br>Coconut Fruit Salad<br>Chocolate Chip Cookie<br>Milk  | <b>12 Chicken Fried Steak</b><br>Mashed Potatoes w/Gravy<br>Whole Wheat Roll w/butter<br>Green Beans w/ Almonds<br>Peaches & Cream<br>Milk  | <b>13 Zesty Chicken Jambalaya</b><br>Brown Rice Pilaf<br>Tossed Salad w/Mixed Veggies<br>w/ Creamy Basil Dressing<br>Whole Wheat Roll w/ Butter<br>Goopy Brownies<br>Milk                        | <b>14 Maple Glazed Salmon</b><br>Roasted Seasonal Squash<br>Rosemary Potatoes<br>Whole Wheat Roll /w Butter<br>Mixed Fruit<br>Chocolate Lover's Cake, Milk<br> <b>Happy Valentine's Day</b>  |
| <b>17 NO MEAL SERVICE COUNTY HOLIDAY</b><br>   | <b>18 Beef Meatloaf</b><br>Mashed Potatoes w/Brown Gravy<br>Seasoned Peas & Carrots<br>Mixed Fruit<br>Cinnamon Roll<br>Milk  | <b>18 Barley Jambalaya Stew</b><br>Whole Wheat Roll w/Butter<br>Mixed Fruit<br>Cinnamon Roll<br>Milk  | <b>19 Zesty Pesto Chicken</b><br>Vegetable Pasta Primavera<br>Whole Wheat Roll w/Butter<br>Cranberry Spinach Salad<br>Apple Crisp<br>Milk   | <b>20 Beef &amp; Broccoli Stir Fry Over Brown Rice</b><br>Whole Wheat Roll<br>With Butter<br>Cucumber Asian Salad<br>Seasonal Fruit<br>Milk  | <b>21 Beef Pumpkin Chili</b><br>w/ Sour Cream & Cheese<br>Cornbread w/Honey<br>Tossed Salad w/Mixed Veggies<br>w/ Creamy Basil Dressing<br>Cinnamon Baked Apple<br>Milk  |
| <b>24 Balsamic Glazed Chicken</b><br>Mandarine Spinach Salad<br>Quinoa Pilaf<br>Seasonal Fruit<br>Lemon Bar<br>Milk   | <b>25 Chicken Enchiladas</b><br>w/Lettuce, Tomatoes<br>Salsa & Sour Cream<br>Pinto Beans & Mixed Veggies<br>Fresh Fruit<br>Milk  | <b>25 Beef and Vegetable Stew</b><br>Whole Wheat Roll w/Butter<br>Fresh Fruit<br>Milk   | <b>26 Vegetarian Quinoa Chili</b><br>w/ Sour Cream, Cheese & Chives<br>Country Corn Bread<br>Northwest Apple Salad<br>Spice Cake<br>Milk  | <b>27 Roasted Pork Dinner</b><br>Mashed Potatoes w/Pork Gravy<br>Whole Wheat Roll w/butter<br>Mixed Vegetables<br>Baked Apple<br>Milk  | <b>28 Loaded Vegetarian Lasagna</b><br>Tossed Salad w/Mixed Veggies<br>Whole Wheat Texas Toast<br>Deluxe Banana Pudding<br>Milk  |

Carbondale: 945-9117 Silt: 665-6540  
Glenwood Springs: 945-9117 Rifle 665-6540  
New Castle 665-0041 by Friday at Noon  
Parachute: 285-7216 by Monday at NOON  
Sunnyside 665-0041 \*limited seating

This program is provided through cooperative efforts of the Garfield County Department of Human Services, the City of Rifle, Valley View Hospital, The NW Colorado Area Agency on Aging, Town of New Castle, Town of Silt, Town of Carbondale, RFTA, City of Glenwood Springs, Colorado Mountain Colleg  
**MENU PREPARED AND APPROVED BY STEPHANIE NICK RDN**  
Senior Program Staff 945-9191 Judy ext 3061, Debby ext. 3084 and Barbara ext. 3005