

Garfield County Senior Programs		JUNE 2022 Senior Nutrition Program		
Monday	Tuesday	Wednesday	Thursday	
Parachute & New Castle	Rifle, GWS and Sunnyside	Carbondale, Silt & Parachute	Rifle	
Friday	GWS, Sunnyside & Rifle			
<p>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</p>	<p>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.</p>	<p>1 Eggplant Parm Herb Grilled Chicken Green Salad Fresh Fruit Chocolate Eclair Milk</p>	<p>2 Traditional Cobb Salad Whole Wheat Roll w/Butter Fresh Apple Yogurt Cup Goopy Brownie Milk</p>	<p>3 Oven Fried Chicken Mashed Potatoes Green Pea Salad Whole Wheat Dinner Roll Chocolate Eclair Apple and Milk</p>
<p>6 Chicken Pot Pie Lemon Asparagus Fresh Fruit Salad Almond Biscotti Cookie Milk</p>	<p>7 Baked Ham with Mac & Cheese Mixed Vegetables Tossed Veggie Salad with Ranch Mixed Fruit Whole Wheat Roll Milk</p>	<p>8 Pulled Pork Sandwich Whole Wheat Bun Creamy Coleslaw Peas & Carrots Fresh Orange, Jell-O Cup Milk PARACHUTE BBQ</p>	<p>9 RIFLE BBQ Hamburger or Hot Dog w/fixings Potato Salad Cowboy Baked Beans  Cold Watermelon Lemonade/Ice Tea</p>	<p>10 Beef Hot Dog w/fixings Baked Bean Corn Watermelon Chocolate Brownie Milk</p>
<p>13 Fish Tacos w/Fresh Coleslaw Seasoned Black Beans Cilantro Rice, Salsa & Sour Cream Pineapple Fruit Fluff Milk</p>	<p>14 Chicken & Dumplings Roasted Carrots Mixed Green salad Biscuit Linzer Cookie Milk GWS & SUNNYSIDE BBQ</p>	<p>15 Chicken Fried Steak Mashed Potatoes w/Gravy Roasted Asparagus Fresh Fruit CARBONDALE BBQ</p>	<p>16 Shrimp Pesto Pasta Steamed Broccoli Seasonal Fruit Sugar Cookie Milk</p>	<p>17 Beef Philly Cheesesteak Broccoli Roasted Red Potatoes Lemon Cupcake Milk</p>
<p>20 Chicken Asian Salad w/Sweet & Sour Dressing & Roasted Cashews Fresh Fruit Oatmeal Raisin Cookie Milk</p>	<p>21 Green Pork Chili Stew Creamy Polenta Green Beans Orange Slices Oatmeal Raisin Cookie Milk</p>	<p>22 Tilapia w/Caper Basil Butter Over Brown Rice Mixed Vegetables Fresh Banana Dessert Milk</p>	<p>23 Sweet and Sour Chicken Brown Fried Rice Steamed Broccoli Sweet Pineapple Chunks Tapioca Pudding Milk</p>	<p>24 Dijon Roasted Chicken Roasted Broccoli Roasted Red Potatoes Luscious Lemon Squares Whole Wheat Roll Fruit Salad Milk</p>
<p>27 Pulled Pork Sandwich Whole Wheat Bun Coleslaw Apple/Orange Pudding Cup OR Yogurt w/fruit NEW CASTLE BBQ</p>	<p>28 Beef Salisbury Steak Mashed Potatoes with Beef Gravy Green Beans Whole Wheat Bread & Butter Coconut Cream Pudding Milk</p>	<p>29 Braised Pork Garlic Polenta Green Pea Salad Whole Wheat Garlic Bread Goopy Brownie, Milk SILT BBQ</p>	<p>30 Smothered Beef Burrito w/ Green Chili Sauce Steamed Zucchini and Corn Corn Chips Fresh Orange Milk</p>	<p>BBQ Menu Hamburger or Hot Dog w/fixings Potato Salad Cowboy Baked Beans  Cold Watermelon Lemonade/Ice Tea</p>

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