



Garfield County Senior Programs

February, 2018

Senior Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday
Sunnyside & New Castle	Glenwood Springs & Rifle	Carbondale, Silt & Parachute	Rifle & Sunnyside	Glenwood Springs & Rifle
<p>Reservation cut off is the day before.</p> <p>Call the phone number at the bottom of the menu. Menus are subject to change due to the availability of food.</p>	<p>Suggested Donation</p> <p>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</p>			<p>1 Balsamic Glazed Chicken w/Quinoa Pilaf, Apple Spinach Mixed Salad w/ Dijon Mustard Vinaigrette Fruit, Milk</p>
<p>4 Mushroom Chicken Marsala over Spaghetti Italian Mixed Vegetables Mixed Fruit Milk</p> <p>Birthday Surprise</p>	<p>5 Homestyle Chicken Pot Pie over biscuit Tossed Salad w/Balsamic Vinegrette Fruit, Milk</p> <p>Birthday Surprise</p>	<p>6 Chicken Barley Casserole Whole Wheat Roll w/butter Peas Fruit Milk</p> <p>Birthday Surprise</p>	<p>7 Open-Face Beef Sandwich on Whole Wheat w/Beef Gravy Mixed Vegetables Fruit, Roasted Rosemary Potatoes Milk</p>	<p>8 Deli Tuna Salad Sandwich on Whole Wheat Bread w/lettuce & tomatoes Orange Beet Salad, Fruit, Milk</p>
<p>11 Mushroom Swiss Burger w/lettuce, tomato, onion & fixings, Coleslaw Baked Beans Fruit, Milk</p>	<p>12 Beef Chili w/ sour cream Tossed Salad w/ Basil Lemon Dressing, Cornbread Apple, Cinnamon Roll Milk</p>	<p>13 Creamy Beef Stroganoff Mixed Vegetables & Beans Fruit, Whole Wheat Roll w/butter Milk</p>	<p>14 New England Clam Chowder Turkey Sandwich w/ fixins Oyster Crackers Fruit Chocolate Cake Milk</p> <p>Happy Valentine's Day </p>	<p>15 Country Chicken Fried Steak Creamy Mashed Potatoes & Gravy Baked Beans Ice-Cold Sherbert Milk</p>
<p>18 NO MEAL SERVICE COUNTY HOLIDAY</p>  <p>PRESIDENT'S DAY</p>	<p>19 Salmon w/Warm Tomato Vinaigrette, over Brown Rice Steamed Broccoli Chilled Minted Fruit Salad Strawberry Shortcake Milk</p>	<p>20 Sweet & Sour Chicken Stir Fry w/ Fried Rice Lightly Salted Cashews Steamed Broccoli Fruit Pineapple Fruit Fluff Milk</p>	<p>21 Beef & Vegetable Stew Whole Wheat Roll w/butter Mixed Bean Salad w/Feta Orange Orange Sherbert Milk</p>	<p>22 Breaded Pork Chops w/Applesauce Mixed Vegetables Barley Lentil Pilaf & Warm Bread Pudding Milk</p>
<p>25 Combination Veggie Pizza w/Sausage & Beef Tossed Salad w/ Italian Dressing Garbanzo Tomato Salad Fruit Chocolate Ice Cream, Milk</p>	<p>26 Loaded Turkey Meatloaf Homemade Mac & Cheese Roasted Broccoli Chocolate Pudding Milk</p>	<p>27 White Bean Chicken Chili w/ sour cream Turkey Sandwich on Whole Wheat Bread w/ lettuce and tomato, Fruit Seasoned Green Beans, Milk</p>	<p>28 Chicken Cordon Bleu w/Brown Rice Pilaf Roasted Mixed Vegetables Fruit Whole Wheat Roll w/butter Lemon Bar, Milk</p>	

Reservations are required

Carbondale: 945-9117 Silt: 665-6540

Glenwood Springs: 945-9117 Rifle 665-6540

New Castle 665-0041 by the day before 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 College, 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