

Garfield County Senior Programs August, 2018

Senior Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday
Sunnyside & New Castle	Glenwood Springs & Rifle	Carbondale, Silt & Parachute	Rifle & Sunnyside	Glenwood Springs & Rifle
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 \$9.50	Reservation cut off is the day before. Call the phone number at the bottom of the menu. Menus are subject to change due to the availability of food.	1 BBQ Pork Sandwich Italian Pasta Salad Tossed Salad w/Beans House Honey Mustard Dressing Fresh Mixed Fruit, Milk	2 Spaghetti-Beef Meatballs Tossed Salad w/Lemon Basil Dressing Wheat Garlic Toast Cannoli Poke Cake Fresh Mixed Fruit, Milk	3 Baked Potato Bar w/Beef Chili & Fixins Steamed Broccoli Fresh Mixed Fruit, Milk Whole Wheat Roll w/Butter
6 Famous Chef Salad w/Turkey & Dressing Whole Wheat Roll w/butter Fresh Mixed Fruit Ice Cream Sandwich, Milk	7 Loaded Beef Meatloaf Baked Mac & Cheese Roasted Broccoli Seasonal Fruit, Milk Whole Wheat Roll w/Butter Pudding	8 Summer Chicken Salad Croissant Sandwich Walnut Berry Salad w/Strawberry Vinaigrette Ice Cream Sandwich Seasonal Fruit, Milk	9 Savory Pork Roast Dinner Mashed Potatoes & Gravy Seasonal Mixed Vegetables Whole Wheat Roll w/butter Baked Spiced Apples, Milk	10 Zesty Pesto Chicken w/Vegetable Pasta Primavera Mixed Fruit, Milk Whole Wheat Roll w/Butter German Chocolate Cake
13 Homestyle Chicken Pot Pie, Over a Biscuit Tossed Salad w/House Ranch Dressing Seasonal Fruit, Milk Birthday Surprise 	14 Veggie Supreme Pizza w/Sausage & Beef Tossed Salad Bean Salad w/Lemon Basil Dressing Fresh Mixed Fruit Milk Birthday Surprise 	15 Baked Pasta (Ziti) w/Pork Sausage w/Basil Apple Spinach Salad w/Lemon Basil Dressing, Seasonal Fruit Milk, Whole Wheat Roll w/Butter Birthday Surprise 	16 Crispy Cod Filets w/Lemon Dill Sauce Baked Potato w/Fixins Green Beans Baked Strawberry Rhubarb Crisp w/Ice Cream Milk	17 Country Chicken Fried Steak, Creamy Mashed Potatoes & Gravy Broccoli, Milk Whole Wheat Roll w/Butter Ice-Cold Sherbert
20 Lemon Parmesan Salmon Over Tossed Salad w/Marinated Cucumbers and Creamy Basil Dressing Chickenpea Lemon Rice Milk, Fresh Mixed Fruit Whole Wheat Roll w/Butter	21 Caprese Chicken w/Lemon Chickpea Rice Apple Spinach Salad Whole Wheat Roll w/Butter Fresh Mixed Fruit, Milk	22 Open-Face Beef Sandwich on Whole Wheat w/Beef Gravy Mixed Vegetables Mashed Potatoes Seasonal Fruit, Milk	23 Beef French Dip on a Hoagie Roll Carrot Cranberry Salad Seasonal Fruit Chunky Oatmeal Cookies Milk	24 Chicken Enchiladas w/Lettuce, Tomatoes & Sour Cream Pinto Beans & Vegetables Fresh Mixed Fruit, Milk Creamy Tres Leche Cake
27 Balsamic Glazed Chicken Apple Spinach Salad Quinoa Pilaf Carrot Cake Seasonal Fruit, Milk	28 Raspberry Glazed Salmon Roasted Broccoli Rosemary Potatoes Whole Wheat Roll w/Butter Baked Spiced Apples Milk	29 Chicken Cordon Bleu w/Brown Rice Pilaf Seasonal Mixed Vegetables Whole Wheat Roll w/Butter Tangy Lemon Bar Milk	30 Breaded Pork Chops w/Applesauce Roasted Mixed Vegetables Brown Rice, Apple & Kale Salad Seasonal Fruit, Milk Warm Bread Pudding	31 Beef Hamburger Lettuce, Tomato, Onion Cheese, Cowboy Baked Beans Creamy Coleslaw Peaches & Cream 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 College, Donations and Client Contributions
MENU PREPARED AND APPROVED BY DREW SCHELLING, R.D.
 Senior Program Staff 945-9191 Judy ext 3061, Debby ext. 3084 and Barbara ext. 3005