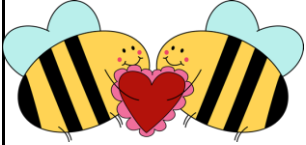




| Garfield County Senior Programs | | February, 2019 | Senior Nutrition Program | |
|---|--|--|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Sunnyside & New Castle | Glenwood Springs & Rifle | Carbondale, Silt & Parachute | Rifle & Sunnyside | Glenwood Springs & Rifle |
|  |  | Reservation 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 Calories 803 Carbohydrate grams 91 Fat grams 24 Fiber grams 11 Sodium miligrams 531 Balsamic Glazed Chicken |
| 4 Calories 725 Carbohydrate grams 102 Fat grams 14 Fiber grams 11 Sodium miligrams 365 Mushroom Chicken Marsala | 5 Calories 764 Carbohydrate grams 96 Fat grams 23 Fiber grams 10 Sodium miligrams 1069 Homestyle Chicken Pot Pie | 6 Calories 853 Carbohydrate grams 144 Fat grams 18 Fiber grams 12 Sodium miligrams 462 Chicken Barley Caserole | 7 Calories 736 Carbohydrate grams 79 Fat grams 30 Fiber grams 10 Sodium miligrams 453 Open-Face Beef Sandwich | 8 Calories Carbohydrate grams 81 Fat grams 28 Fiber grams 11 Sodium miligrams 789 Deli Tuna Salad Sandwich |
| 11 Calories 771 Carbohydrate grams 89 Fat grams 27 Fiber grams 11 Sodium miligrams 750 | 12 Calories 1008 Carbohydrate grams 146 Fat grams 29 Fiber grams 17 Sodium miligrams 782 | 13 Calories 877 Carbohydrate grams 87 Fat grams 36 Fiber grams 10 Sodium miligrams 643 | 14 Calories 884 Carbohydrate grams 104 Fat grams 26 Fiber grams 10 Sodium miligrams 1158 | 15 Calories 1048 Carbohydrate grams 113 Fat grams 28 Fiber grams 14 Sodium miligrams 733 |
| Mushroom Swiss Burger | Beef Chili | Creemy Beef Stroganoff | New England Clam Chowder | Country Chicken Fried Steak |
| 18 NO MEAL SERVICE COUNTY HOLIDAY  | 19 Calories 1014 Carbohydrate grams 100 Fat grams 50 Fiber grams 11 Sodium miligrams 599 | 20 Calories 1052 Carbohydrate grams 155 31 Fiber grams 10 Sodium miligrams 970 | 21 Calories 1091 Carbohydrate grams 147 Fat grams 31 Fiber grams 11 Sodium miligrams 1046 | 22 Calories 792 Carbohydrate grams 113 Fat grams 19 Fiber grams 13 Sodium miligrams 480 |
| 25 Calories 884 Carbohydrate grams 98 Fat grams 45 Fiber grams 11 Sodium miligrams 601 Combination Veggie Pizza | 26 Calories 670 Carbohydrate grams 90 Fat grams 20 Fiber grams 310 Sodium miligrams 793 Loaded Turkey Meatloaf | 27 Calories 675 Carbohydrate grams 94 Fat grams 18 Fiber grams 12 Sodium miligrams 1212 White Bean Chicken Chili | 28 Calories 1069 Carbohydrate grams 158 Fat grams 30 Fiber grams 12 Sodium miligrams 874 Chicken Cordon Blue | Breaded Pork Chops |
| | | | | 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 |

"Nutrition content of meals is reviewed by a Registered Dietitian Nutritionist. All nutrition findings are developed with professional judgment of of the person performing the calculations. Due to variations in ingredients and measurements, nutrition values are approximations."

MENU PREPARED AND APPROVED BY STEPHANIE NICK RDN

Senior Program Staff 945-9191 Judy ext 3061, Debby ext. 3084 and Barbara ext. 3005

