

GLCAP Sandusky County Senior Menu for September 2024

(Menu subject to change without notice.)

**Chef Salads Available Tuesdays and Thursdays

**Low concentrated desserts substituted for modified meals.

Serving Sizes:

Entrée, Meat & Casserole – 3 oz./ 8 oz.

Vegetable, Fruit & Dessert – ½ cup

Bread/Bread Alternate - 1 slice or 2 oz.

Milk – 8 oz. served with every meal

****Suggested Donation of \$3.00 per meal.**

NOTE: No older person shall be denied a nutrition service because of inability to contribute all or part of the cost of such service. Older participants shall determine for themselves what they are able to contribute toward the cost of the service.

NON-SENIOR GUEST/STAFF: 6.75

Monday	Tuesday	Wednesday	Thursday	Friday
2. Closed Labor Day	3. Kielbasa, Mashed Potatoes and Gravy, Sauerkraut, Mixed Fruit, Corn Bread Salad: Chef Salad w/ Turkey Ham	4. Chicken a La King over Biscuit Au Gratin Potatoes Steamed Broccoli Peaches / Cherry Apple Bar	5. Beef Tacos, Spanish Rice, Refried Beans, Tossed Salad, Mango Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 9/5/24: Italian Pasta with Ham
9. BBQ Chicken Breast Baby Bakers Green Beans Mandarin Oranges Wheat Bread / Cookie	10. Ham and Potato Skillet, Brussels Sprouts, Baby Carrots, Pears, Wheat Bread, Yogurt Cup Salad: Garden Salad / Cheese Stick	11. Beefy Chili Spinach Salad Potato Salad / Blueberries Corn Bread / Lemon Bar	12. Egg and Cheese Omelet, Maple Sweet Potatoes, Pea Salad, Peach Crisp, Bagel Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 9/12/24: Turkey and Cheese Sandwich on Bun
16. Baked Steak w/ Peppers and Onions, Baked Potato, Mixed Vegetables, Pineapple, Wheat Bread	17. Chicken Cordon Bleu Sweet Potatoes, Peas w/ Pearl Onions, Strawberries, Wheat Bread Salad: Chef Salad w/ Chicken	18. Turkey Breast Slices Mashed Potatoes and Gravy Capri Blend Vegetables Fresh Melon / Wheat Bread	19. Macaroni and Cheese, Italian Tomatoes and Zucchini, Asparagus, Mixed Fruit, Blueberry Muffin, Cottage Cheese Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 9/19/24: Italian Sub Sandwich
23. Cheeseburger on Bun French Fries Baked Beans Applesauce / Brownie	24. Closed Agency Day *HDM Holiday Frozen meal will be sent out on 9/17/2024*	25. Beef and Broccoli Stir Fry over Brown Rice Oriental Blend Vegetables Egg Roll Orange Juice / Wheat Bread	26. Birthday Day! Pot Roast, Mashed Potatoes and Gravy, Sicilian Blend Vegetables, Fruit Salad, Roll, Cake, Ice Cream Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 9/26/24: Chicken Salad / Croissant
30. Chicken Strips w/ Dipping Sauce, Potato Wedges, Malibu Blend Vegetables, Pineapple, Wheat Bread			*One Trip Salad Bar at the Fremont Senior Center open on Wednesdays by reservation only. Dine in only, no carry-out.	

CALL 24 HOURS IN ADVANCE TO SCHEDULE A MEAL. Fremont – 419-334-8383, Gibsonburg – 419-637-7947, Clyde – 419-547-8052

For Home Delivered Meal Cancellations, contact 419-332-4032. For ingredient content only, call GLCAP Food Service 419-333-1402.