

GLCAP Sandusky County Senior Menu for February 2025

(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 |
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| 3. Philly Cheesesteak Meatballs, Garlic Green Beans, Potato Bites, Apricots, Sub Bun | 4. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Orange Juice, Wheat Bread Salad: Garden Salad / Cheese Stick | 5. Pepperoni Calzone, Italian Tomatoes and Zucchini, Steamed Cauliflower, Strawberries, Lemon Bar | 6. BBQ Pulled Pork on Bun, Sweet Potato Puffs, Brussels Sprouts, Pineapple Salad: Chef Salad w/ Chicken | Box Lunch out on Thursday 2/6/25: Southwest Chicken Pasta |
| 10. Honey Dijon Chicken, Roasted Red Potatoes, Baked Beans, Applesauce, Wheat Bread, Cookie | 11. Ham and Potato Skillet, Asparagus, Diced Carrots, Pears, Wheat Bread Salad: Chef Salad w/ Chicken | 12. Beef Stroganoff, Squash Blend Vegetables, Harvard Beets, Mandarin Oranges, Wheat Bread | 13. Veal Parmesan, Italian Blend Vegetables, Tossed Salad, Cherry Crisp, Garlic Bread Salad: Chef Salad w/ Turkey Ham | Box Lunch out on Thursday 2/13/25: Roast Beef and Swiss Sandwich |
| 17. Closed Holiday | 18. Cabbage Roll, Cheesy Potatoes, Baby Carrots, Blueberries, Wheat Bread Salad: Garden Salad / Cheese Stick | 19. Chicken Alfredo, Stewed Tomatoes, Steamed Peas, Peaches, Garlic Roll, Yogurt Cup | 20. Birthday Day! Pot Roast, Mashed Potatoes and Gravy, Asiago Tuscan Blend Vegetables, Strawberry Fluff, Roll, Cake, Ice Cream Salad: Chef Salad w/ Turkey Ham | Box Lunch out on Thursday 2/20/25: Egg Salad / Croissant |
| 24. Salisbury Steak, Baked Potato, Green Beans, Apricots, Wheat Bread, Brownie | 25. Beef and Bean Burrito on Spanish Rice, Fiesta Corn, Tossed Salad, Apple Crisp Salad: Chef Salad w/Chicken | 26. Turkey Breast, Mashed Potatoes and Gravy, Mixed Vegetables, Strawberry Applesauce, Wheat Bread | 27. Sloppy Joe w/Bun, Maple Sweet Potatoes, Normandy Blend Vegetables, Pineapple, Cottage Cheese Salad: Garden Salad / Cheese Stick | Box Lunch out on Thursday 2/27/25: Chicken Bacon Ranch Pasta |
| *Holiday Frozen meals for HDM out on 2/10/25* | | | *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.