

GLCAP Sandusky County Senior Menu for May 2025 <i>(Menu subject to change without notice.)</i> **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	
*One Trip Salad Bar at the Fremont Senior Center open on Wednesdays by reservation only. Dine in only, no carry-out.			1. Beefy Goulash, Diced Carrots, Succotash, Pears, Corn Bread, Yogurt Cup Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 5/1/25: Roast Beef and Swiss Sandwich with Sides	
5. Philly Cheesesteak Meatballs, Garlic Green Beans, Potato Bites, Apricots, Sub Bun	6. Ham and Swiss on Bun, Potato Salad, Garden Vegetable Soup, Mango, Cookie Salad: Garden Salad / Cheese Stick	7. Chipped Beef over Biscuit, Buttered Corn, Nantucket Blend Vegetables, Strawberries, Lemon Bar	8. BBQ Beef over Texas Toast, Sweet Potato Puffs, Brussels Sprouts, Pineapple, Cottage Cheese Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 5/10/25: Egg Salad on Croissant with Sides	
12. Honey Dijon Chicken, Roasted Red Potatoes, Baked Beans, Applesauce, Wheat Bread, Cheesecake	13. Ham and Potato Skillet, Asparagus, Diced Carrots, Fruit Cocktail, Wheat Bread Salad: Garden Salad / Cheese Stick	14. Chicken Alfredo, Stewed Tomatoes, Steamed Peas, Peaches, Garlic Roll	15. Veal Parmesan, Italian Blend Vegetables, Tossed Salad, Cherry Crisp, Garlic Bread Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 5/15/25: Chicken Bacon Ranch Pasta with Sides	
19. Salisbury Steak, Baked Potato, Green Beans, Apricots, Wheat Bread, Brownie	20. Beef and Bean Burrito on Spanish Rice, Fiesta Corn, Tossed Salad, Apple Crisp Salad: Chef Salad w/ Chicken	21. Beef Stroganoff, Capri Blend Vegetables, Harvard Beets, Mandarin Oranges, Wheat Bread	22. Birthday Day! Pot Roast, Scalloped Potatoes, Caribbean Blend Vegetables, Strawberry Fluff, Roll, Cake, Ice Cream Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 5/22/25: Chicken Salad with Cranberries and Pecans on Croissant with Sides	
26. Closed – Memorial Day *Holiday Frozen for HDM out on 5/19/25	27. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Orange Juice, Wheat Bread Salad: Garden Salad / Cheese Stick	28. Cabbage Roll, Cheesy Potatoes, Riviera Blend Vegetables, Blueberries, Wheat Bread	29. Turkey Breast, Mashed Potatoes and Gravy, Mixed Vegetables, Biscuit, Pineapple, Cottage Cheese Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 5/29/25: Italian Sub Sandwich with Sides	

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.