

# GLCAP Sandusky County Senior Menu for December 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. Garlic Parmesan Chicken, Baby Bakers, Nantucket Blend Vegetables, Mixed Fruit, Wheat Bread	3. Ham and Potato Skillet, Baby Carrots, Collard Greens, Pears, Apple Cinnamon Muffin <b>Salad:</b> Chef Salad w/ Chicken	4. Spaghetti and Meatballs, Green Beans, Tossed Salad, Scalloped Peaches, Garlic Bread	5. BBQ Pork Patty, Sweet Potatoes, Steamed Broccoli, Pineapple, Wheat Bread <b>Salad:</b> Garden Salad / Cheese Stick	<b>Box Lunch out on Thursday 11/5/24: Egg Salad on Croissant and Sides</b>
9. Cheeseburger on Bun, Baked Beans, Mixed Vegetables, Mandarin Oranges, Cookie	10. Beef Tacos, Spanish Rice, Refried Beans, Tossed Salad, Mango <b>Salad:</b> Chef Salad w/ Chicken	11. Beefy Chili, Spinach Salad, Potato Salad, Blueberries, Corn Bread, Lemon Bar	12. Chicken Kiev, Mashed Potatoes and Gravy, Diced Carrots, Strawberry Applesauce, Wheat Bread <b>Salad:</b> Chef Salad w/ Turkey Ham	<b>Box Lunch out on Thursday 11/12/24: Ham and Cheese Sandwich with Sides</b>
16. Baked Steak w/ Peppers and Onions, Au Gratin Potatoes, Peas w/ Pearl Onions, Pears, Wheat Bread	17. French Toast w/ Turkey Sausage, Hashbrown Cubes, Pea Salad, Cherry Crisp <b>Salad:</b> Chef Salad w/ Turkey Ham	18. Chicken Salad / Croissant, Cucumber Salad, Sweet Potato and Kale Soup, Apricots, Brownie	19. <b>Birthday Day!</b> Baked Ham, Sweet Potatoes, Northwest Vegetable Blend, Melon, Dinner Roll, Cake, Ice Cream <b>Salad:</b> Garden Salad / Cheese Stick	<b>Box Lunch out on Thursday 11/19/24: Chicken Bacon Ranch Pasta with Sides</b>
23. Cubed Steak, Mashed Potatoes and Gravy, Buttered Corn, Peaches, Wheat Bread, Cheesecake	24. <b>Closed – Holiday</b>	25. <b>Closed – Holiday</b>	26. Turkey Tetrazzini, Stewed Tomatoes, Italian Blend Vegetables, Strawberries, Yogurt Cup, Roll <b>Salad:</b> Garden Salad / Cheese Stick	<b>Box Lunch out on Thursday 11/26/24: Roast Beef Sandwich with Sides</b>
30. Chicken Strips w/ Dipping Sauce, Potato Wedges, Malibu Blend Vegetables, Tropical Fruit, Blueberry Muffin	31. Beef and Broccoli Stir Fry over Brown Rice, Oriental Blend Vegetables, Diced Carrots, Orange Juice, Wheat Bread <b>Salad:</b> Chef Salad w/ Chicken	*Holiday Frozen meals for HDM out on 12/17/24 for Christmas and 12/30/24 for New Year's Day	*One Trip Salad Bar at the Fremont Senior Center open on <b>Wednesdays</b> 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.**