

GLCAP Sandusky County Senior Menu for January 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
*One Trip Salad Bar at the Fremont Senior Center open on Wednesdays by reservation only. Dine in only, no carry-out.		1. Closed Holiday	2. Kielbasa, Mashed Potatoes and Gravy, Sauerkraut, Cinnamon Applesauce, Corn Bread Salad: Chef Salad w/Chicken	Box Lunch out on Thursday 1/2/25: Greek Chicken Pasta with Sides
6. Chicken a La King over Biscuit, Au Gratin Potatoes, Steamed Broccoli, Mandarin Oranges, Cherry Apple Bar	7. Swedish Meatballs over Parslied Noodles, Harvard Beets, Peas w/ Pearl Onions, Strawberries, Wheat Bread Salad: Garden Salad / Cheese Stick	8. Mushroom Steak, Baked Potato, Capri Blend Vegetables, Pears, Wheat Bread, Cookie	9. Egg and Cheese Omelet, Maple Sweet Potatoes, Spinach Souffle, Peaches, Bagel Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 1/9/25: Turkey and Cheese Sandwich with Sides
13. Stuffed Peppers, Mashed Potatoes and Gravy, Mixed Vegetables, Apricots, Wheat Bread	14. Taco Skillet (Beef, Beans, Rice), Fiesta Corn, Tossed Salad, Blueberry Crisp, Tortilla Shell Salad: Chef Salad w/ Chicken	15. Roast Beef Sandwich on Bun, Cole Slaw, Loaded Potato Soup, Mixed Fruit, Pudding	16. Chicken Marsala, Cheesy Potatoes, Green Beans, Pineapple, Wheat Bread, Cottage Cheese Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 1/16/25: Italian Pasta Salad with Ham and Sides
20. Closed Holiday *Holiday Frozen for HDM out on 1/13/2025	21. Macaroni and Cheese with Ham, Nantucket Blend Vegetables, Stewed Tomatoes, Tropical Fruit, Wheat Bread Salad: Chef Salad w/ Turkey Ham	22. Chicken Florentine, Baby Bakers, Italian Blend Vegetables, Mandarin Oranges, Garlic Bread	23. BirthDay Day! Baked Meatloaf, Mashed Potatoes and Gravy, Sicilian Blend Vegetables, Fruited Gelatin Salad, Roll, Cake, Ice Cream Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 1/23/25: Chicken Salad on Croissant with Sides
27. Broccoli and Cheddar Stuffed Chicken Breast, Creamed Spinach, Peas and Carrots, Wheat Bread, Brownie	28. Tuna Noodle Casserole, Harvard Beets, Green Beans, Peaches, Wheat Bread Salad: Garden Salad / Cheese Stick	29. Beef Tips over Mashed Potatoes, Steamed Broccoli, Cherry Crisp, Biscuit, Cookie	30. Beefy Goulash, Diced Carrots, Succotash, Pears, Corn Bread Yogurt Cup Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 1/30/25: Ham and Cheese 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.