

# GLCAP Sandusky County Senior Menu for October 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
*One Trip Salad Bar at the Fremont Senior Center open on <b>Wednesdays</b> by reservation only. Dine in only, no carry-out.	1. Beefy Goulash, Diced Carrots, Succotash, Pears, Cornbread, Yogurt Cup <b>Salad:</b> Chef Salad w/ Chicken	2. Chicken Marsala, Au Gratin Potatoes, Peas w/ Pearl Onions, Tropical Fruit, Wheat Bread, Lemon Bar	3. Lasagna Roll Up w/ Meat Sauce, Italian Vegetables, Tossed Salad, Cherry Crisp, Garlic Bread <b>Salad:</b> Chef Salad w/ Turkey Ham	<b>Box Lunch out on Thursday 10/3/24: Roast Beef Sandwich</b>
7. Swedish Meatballs over Parslied Noodles, Harvard Beets, Green Beans, Peaches, Wheat Bread	8. BBQ Pork Riblett, Sweet Potatoes, Brussels Sprouts, Applesauce, Wheat Bread <b>Salad:</b> Garden Salad / Cheese Stick	9. Broccoli and Cheddar Stuffed Chicken Breast, Baby Carrots, Creamed Spinach, Mandarin Oranges, Wheat Bread, Brownie	10. Garlic Tilapia over Rice Pilaf, Roasted Red Potatoes, Normandy Blend Vegetables, Pineapple, Wheat Bread <b>Salad:</b> Chef Salad w/ Chicken	<b>Box Lunch out on Thursday 10/10/24: Chicken Bacon Ranch Pasta</b>
14. Bratwurst, Potato Pancakes, Sauerkraut, Strawberries, Pretzels, Gingersnap Cookie	15. Taco Skillet (Beef, Beans, Rice), Fiesta Corn and Beans, Tossed Salad, Blueberry Crisp, Tortilla <b>Salad:</b> Chef Salad w/ Turkey Ham	16. Chicken Florentine, Baby Bakers, Diced Carrots, Mixed Fruit, Garlic Bread, Rice Krispy Treat	17. Shepherd's Pie, Butter Beans, Stewed Tomatoes, Apricots, Fruited Gelatin Salad, Wheat Bread <b>Salad:</b> Garden Salad / Cheese Stick	<b>Box Lunch out on Thursday 10/17/24: Ham and Cheese Sandwich</b>
21. Mushroom Steak, Baked Potato, Squash Blend Vegetables, Pears, Wheat Bread	22. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Orange Juice, Wheat Bread <b>Salad:</b> Chef Salad w/ Chicken	23. Turkey and Cheese on Bun 3-Bean Salad, Broccoli and Cheddar Soup, Blueberries, Pudding	24. <b>Birthday Day!</b> Baked Meatloaf, Mashed Potatoes and Gravy, Nantucket Blend Vegetables, Fresh Melon, Roll, Cake, Ice Cream <b>Salad:</b> Chef Salad w/ Turkey Ham	<b>Box Lunch out on Thursday 10/24/24: Egg Salad / Croissant</b>
28. Stuffed Peppers, Chessy Potatoes, Mixed Vegetables, Strawberry Applesauce, Wheat Bread	29. Tuna Noodle Casserole, Harvard Beets, Steamed Broccoli, Mandarin Oranges, Cottage Cheese, Banana Muffin <b>Salad:</b> Garden Salad / Cheese Stick	30. Beef Tips over Mashed Potatoes, Peas and Carrots, Peach Crisp, Biscuit, Cookie	31. Philly Cheesesteak Meatballs, Green Beans, Potato Bites, Pineapple, Sub Bun <b>Salad:</b> Chef Salad w/ Chicken	<b>Box Lunch out on Thursday 10/31/24: Greek Chicken Pasta</b>

**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.**