

GLCAP Sandusky County Senior Menu for March 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
3. Baked Steak w/Peppers and Onions, Baby Baker Potatoes, Nantucket Blend Vegetables, Pears, Wheat Bread, Cherry Crunch Bar	4. French Toast, Turkey Sausage, Hashbrown Cubes, Pea Salad, Cherry Crisp Salad: Chef Salad w/ Turkey Ham	5. Vegetable Lasagna, Italian Blend Vegetables, Tomatoes and Zucchini, Mandarin Oranges, Yogurt Cup, Garlic Bread	6. Fish Sandwich, Cheesy Potatoes, Glazed Carrots, Strawberries Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 3/6/25: Ham Salad on Croissant with sides
10. Beef and Noodles Succotash Harvard Beets Pineapple / Wheat Bread / Cookie	11. BBQ Pork Riblett, Sweet Potatoes, Collard Greens, Peaches, Wheat Bread Salad: Chef Salad w/ Chicken	12. Beefy Chili, Spinach Salad, Potato Salad, Blueberries, Pudding, Corn Bread	13. Chicken Cordon Bleu, Au Gratin Potatoes, Green Beans, Mixed Fruit, Wheat Bread Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 3/13/25: Italian Sub Sandwich with sides
17. St. Patrick's Day! Corned Beef and Cabbage, Irish Carrots, Redskin Potatoes, Fresh Melon, Potato Roll, Pistachio Pudding	18. Beef Tacos, Spanish Rice, Refried Beans, Tossed Salad, Mango, Tortilla Salad: Chef Salad w/ Turkey Ham	19. Cubed Steak, Mashed Potatoes and Gravy, Riviera Blend Vegetables, Tropical Fruit, Wheat Bread, Brownie	20. Almondine Pollock, Rice Pilaf, Squash Blend Vegetables, Stewed Tomatoes, Apricots, Wheat Bread Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 3/20/25: Greek Chicken Pasta Salad with sides
24. Cheeseburger Potato Wedges Baked Beans Pears Cookie	25. Spaghetti with Meat Sauce, Italian Green Beans, Tossed Salad, Apple Crisp, Garlic Bread Salad: Chef Salad w/ Turkey Ham	26. Chicken Salad / Croissant Cucumber Salad Vegetable Soup Strawberries	27. Birthday Day! Baked Ham, Sweet Potatoes, Northwest Vegetable Blend, Hawaiian Delight, Roll, Cake, Ice Cream Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 3/27/25: Turkey and Cheese Sandwich with sides
31. Hamburger Gravy over Mashed Potatoes, Green Beans, Blueberries, Biscuit		*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.