

GLCAP Sandusky County Senior Menu for November 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
4. Beef Stroganoff, Harvard Beets, Peas w/ Pearl Onions, Peaches, Wheat Bread	5. Sausage Gravy over Biscuit, Hashbrown Cubes, Spinach Souffle, Strawberries Salad: Chef Salad w/ Turkey Ham	6. Pepperoni Calzone, Steamed Broccoli, Tossed Salad, Cinnamon Apples, Cheese Stick, Lemon Bar	7. BBQ Pulled Pork on Bun, Sweet Potatoes, Brussels Sprouts, Pears Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 11/7/24: Turkey and Cheese Sandwich
11. Closed- Veterans Day	12. Chicken Parm, Italian Green Beans, Sliced Carrots, Blueberries, Garlic Bread Salad: Garden Salad / Cheese Stick	13. Calico Beans, Baby Bakers, Squash Blend Vegetables, Pineapple, Yogurt Cup, Corn Bread	14. Roasted Pork Loin, Scalloped Potatoes, Stewed Tomatoes, Applesauce, Wheat Bread Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 11/14/24: Italian Pasta Salad w/ Ham
18. Sweet and Sour Chicken over Brown Rice, Steamed Broccoli, Diced Carrots, Orange Juice, Blueberry Muffin	19. Beef and Bean Burrito, Fiesta Corn and Beans, Tossed Salad, Peach Crisp, Cottage Cheese Salad: Chef Salad w/ Chicken	20. Roast Beef and Swiss on Bun, Tomato Basil Soup, Potato Salad, Apricots, Pudding	21. Birthday Day! Cabbage Roll, Mashed Potatoes and Gravy, Caribbean Blend Vegetables, Strawberry Fluff Salad, Roll, Cake, Ice Cream Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 11/21/24: Chicken Salad / Croissant
25. Salisbury Steak, Baked Potato, Buttered Corn, Mandarin Oranges, Wheat Bread, Cookie	26. Fish Sandwich on Bun, Cheesy Potatoes, Glazed Carrots, Mixed Fruit Salad: Garden Salad / Cheese Stick	27. Turkey Slices, Mashed Potatoes and Gravy, Dressing, Mixed Vegetables, Pineapple, Roll, Pumpkin Pie	28. Closed - Thanksgiving	Box Lunch out on Thursday 11/28/24: Italian Sub Sandwich
Holiday Frozens for HDM out on 11/4/24 and 11/25/24			*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.