

# GLCAP Sandusky County Senior Menu for August 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. BBQ Pulled Pork on Bun, Sweet Potato Fries, Normandy Blend Vegetables, Peaches <b>Salad:</b> Chef Salad w/ Chicken	<b>Box Lunch out on Thursday 8/1/24: Egg Salad / Croissant</b>
5. Chipped Beef over Biscuit Buttered Corn Carrot Slices Pineapple / Cookie	6. Beef and Bean Burrito, Corn and Black Bean Salad, Tossed Salad, Mango, Yogurt Cup <b>Salad:</b> Chef Salad w/ Turkey Ham	7. Lasagna w/ Meat Sauce Steamed Broccoli Tossed Salad Apple Crisp / Garlic Bread	8. Honey Dijon Chicken, Roasted Red Potatoes, Spinach Souffle, Mandarin Oranges, What Bread <b>Salad:</b> Garden Salad / Cheese Stick	<b>Box Lunch out on Thursday 8/8/24: Roast Beef Sandwich</b>
12. Cabbage Roll Mashed Potatoes and Gravy Green Beans Peaches Wheat Bread	13. Fish Sandwich on Bun, Cheesy Potatoes, Glazed Carrots, Blueberries, Cottage Cheese <b>Salad:</b> Chef Salad w/ Turkey Ham	14. Sweet and Sour Chicken over Brown Rice Oriental Blend Vegetables Egg Roll / Strawberries Wheat Bread	15. <b>Birthday Day!</b> Pasta w/ Bolognese Sauce (Beef and Pork), Nantucket Blend Vegetables, Tossed Salad, Orange Fluff Salad, Garlic Roll, Cake, Ice Cream <b>Salad:</b> Garden Salad w/ Chicken	<b>Box Lunch out on Thursday 8/15/24: Chicken Bacon Ranch Pasta</b>
19. Beef Stroganoff Harvard Beets Brussels Sprouts Pears / Wheat Bread / Brownie	20. Baked Ham, Sweet Potatoes, Collard Greens, Melon, Wheat Bread, Cookie <b>Salad:</b> Garden Salad / Cheese Stick	21. Chicken Salad / Croissant Potato Salad Minestrone Soup Apricots / Pudding	22. Calico Beans, Baby Bakers, Squash Blend Vegetables, Pineapple, Cottage Cheese, Corn Bread <b>Salad:</b> Chef Salad w/ Turkey Ham	<b>Box Lunch out on Thursday 8/22/24: Ham and Cheese Sandwich</b>
26. Chicken Kiev Au Gratin Potatoes Sliced Carrots Strawberry Applesauce / Wheat Bread / Cookie	27. French Toast w/ Sausage, Hashbrown Cubes, Cherry Crisp, Pea Salad, Cheese Stick <b>Salad:</b> Chef Salad w/ Chicken	28. Salisbury Steak Mashed Potatoes and Gravy Buttered Corn Mandarin Oranges / Wheat Bread / Lemon Bar	29. Turkey Tetrazzini, Stewed Tomatoes, Brussels Sprouts, Blueberries, Garlic Bread <b>Salad:</b> Garden Salad / Cheese Stick	<b>Box Lunch out on Thursday 8/29/24: Greek Chicken Pasta Salad</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.**