


GLCAP Sandusky County

Senior Menu for May 2019

Suggested Donation of \$3.00 per meal. 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

Serving Sizes — Entrée, Meat & Casserole – 3 oz.; Vegetable, Fruit & Dessert – ½ cup;
Bread/Bread Alternate — 1 slice or ½ cup; Milk – 8 oz. served with every meal

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice. Chef Salads Available Tuesdays and Fridays. Low concentrated desserts substituted for modified meals	*May 1st-3rd cold box lunches will be delivered to the Fremont Senior Center	1 Chicken Salad on Wheatberry Bread Cucumber Salad Cream of Broccoli Soup Pears	2 Turkey and Cheese on Croissant Broccoli Slaw Mixed Fruit Garden Vegetable Soup Pudding	3 Roast Beef and Swiss on Rye Carrot and Raisin Salad Potato Soup Pineapple Cookie
6 Hamburger Gravy over Mashed Potatoes Green Beans Strawberries Garlic and Cheddar Biscuit	7 Time for Brunch! Cheese Omelet w/Picante Sauce Maple Sweet Potatoes Spinach Soufflé Orange Juice / Yogurt Cinnamon Raisin Bagel	8 Lasagna Asparagus Tossed Salad Apple Crisp Garlic Bread	9 BBQ Chicken Breast Tri Colored Potato Medley Buttered Corn Apricots Whole Wheat Bread	10 Tuna Noodle Casserole Peas and Carrots Harvard Beets Mandarin Oranges Whole Wheat Bread Lemon Bar
13 Lemon Baked Chicken Steamed Peas Stewed Tomatoes Pears Whole Grain Bread	14 Taco Tuesday! Beef and Bean Burrito Corn and Black Bean Salad Tossed Salad Scalloped Peaches Tortilla Chips	15 National Chocolate Chip Day! Cheeseburger on Bun Potato Wedges Baked Beans Applesauce Chocolate Chip Cookie	16 Chicken Cordon Bleu Broccoli and Cheese Diced Carrots Mandarin Oranges Whole Wheat Bread	17 Kielbasa Mashed Potatoes and Gravy Sauerkraut Pineapple / Cottage Cheese Whole Wheat Bread
20 Baked Steak Roasted Red Potatoes Succotash Peaches Whole Wheat Bread	21 Veal Parmesan Italian Vegetables Tossed Salad Cherry Crisp Garlic Bread	22 New Entrée! Chipped Beef Steamed Peas Diced Carrots Mango Biscuit	23 Birthday Day! Baked Meatloaf Mashed Potatoes and Gravy Green Bean Casserole Blueberries / Dinner Roll Cake / Ice Cream	24 Breakfast Casserole Hash Brown Cubes Spinach Salad Warm Cinnamon Apples Banana Bread
27 Closed Memorial Day 	28 Glazed Pork Chop Sweet Potatoes Collard Greens Pears Whole Wheat Bread	29 Beefy Goulash Steamed Peas Cauliflower Apricots Cornbread	30 Chicken Tenders Potato Wedges Mixed Vegetables Strawberries Whole Wheat Bread	

CALL 24 HOURS IN ADVANCE TO SCHEDULE A MEAL. Clyde — 419-547-8052; Fremont — 419-334-8181; Gibsonburg — 419-637-7947.

For home-delivered meal cancellations, call 419-332-4032 or 1-866-440-6325. For ingredient content only, call WSOS Food Service at 419-333-5098.