

GLCAP Sandusky County

Senior Menu for June 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				
3 Cabbage Roll Mashed Potatoes and Gravy Peas w/Pearl Onions Pineapple / Cottage Cheese Whole Wheat Bread	4 Taco Tuesday! Chicken Taco's Refried Beans Tossed Salad Cherry Crisp	5 Macaroni and Cheese Green Beans Stewed Tomatoes Strawberries Whole Wheat Bread	6 BBQ Beef Sandwich Brussels Sprouts Diced Carrots Peaches	7 Pecan Crusted Tilapia Mixed Vegetables Rosemary Potatoes Mandarin Oranges Whole Wheat Bread
10 Cubed Steak Baked Potato Buttered Corn Mixed Fruit Whole Wheat Bread	11 Time for Brunch! Egg and Sausage Bake Hash Browns Creamy Pea Salad Frozen Fruit Cup Cinnamon Bagel	12 Sweet and Sour Chicken Oriental Blend Vegetables Diced Carrots Orange Juice Whole Wheat Bread	13 Turkey Breast Green Beans Sweet Potatoes Mango Whole Wheat Bread	14 Chili Dog with Cheese Potato Wedges Steamed Broccoli Peaches Brownie
17 Beef Stroganoff Succotash Peas and Carrots Apricots Whole Wheat Bread Pecan Pie	18 Pork Chop Scalloped Potatoes Collard Greens Applesauce Whole Wheat Bread	19 Chicken Jambalaya Sweet Potato Cubes Seasoned Okra Fruit Cocktail Whole Wheat Bread	20 Beefy Chili Spinach Salad Carrot and Celery Sticks Blueberries Cornbread	21 Vegetable Lasagna California Blend Vegetables Three Bean Salad Peach Cobbler Garlic Bread
24 Sloppy Joe on Bun Parsley Potatoes Mixed Vegetables Mango	25 Ham and Potato Skillet Stewed Tomatoes Steamed Peas Pears Whole Wheat Bread	26 Spaghetti with Meat Sauce Italian Green Beans Tossed Salad Apple Crisp Garlic Bread	27 Pot Roast Mashed Potatoes and Gravy Broccoli w/ Cheese Pineapple Whole Wheat Bread	28 Egg Salad on Croissant Celery Sticks / PB Cup Minestrone Soup Fruit Cocktail Pudding

CALL 24 HOURS IN ADVANCE TO SCHEDULE A MEAL. Clyde — 419-547-8052; Fremont — 419-334-8383; 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.