


# GLCAP Sandusky County

## Senior Menu for August 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;

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Menu subject to change without notice. Chef Salads Available Tuesdays and Fridays. Low concentrated desserts substituted for modified meals</b></p>			<p><b>1</b> Hamburger Gravy over Mashed Potatoes Mixed Vegetables Mango Garlic and Cheddar Biscuit</p>	<p><b>2</b> Glazed Baked Ham Sweet Potatoes Brussels Sprouts Pears Dinner Roll</p>
<p><b>5</b> Chicken and Broccoli Stir Fry over Brown Rice Diced Carrots Oriental Vegetables Strawberry Applesauce Whole Wheat Bread</p>	<p><b>6</b> Pecan Crusted Tilapia Rosemary Potatoes Asparagus Mixed Fruit Whole Wheat Bread</p>	<p><b>7</b> Baked Steak Mashed Potatoes and Gravy Scalloped Corn Apricots Whole Wheat Bread</p>	<p><b>8</b> Lasagna Italian Blend Vegetables Tossed Salad Scalloped Peaches Garlic Bread</p>	<p><b>9</b> Chicken Kiev Cheesy Potatoes Green Beans Blueberries Whole Wheat Bread</p>
<p><b>12</b> Beefy Stew Steamed Cauliflower Stewed Tomatoes Strawberries Biscuit</p>	<p><b>13</b> Veal Parmesan Italian Green Beans Tossed Salad Apple Crisp Garlic Bread</p>	<p><b>14</b> Turkey and Cheese on Bun Cole Slaw Garden Vegetable Soup Mandarin Oranges Pudding</p>	<p><b>15 Birthday Day!</b> Pot Roast Mashed Potatoes and Gravy Baby Carrots Tropical Fruit Salad Cake / Ice Cream Dinner Roll</p>	<p><b>16</b> Meatball Sub Steamed Broccoli Roasted Yellow Squash Fresh Melon</p>
<p><b>19</b> Chicken Salad on Croissant Potato Salad Stuffed Pepper Soup Spiced Pears Cookie</p>	<p><b>20</b> Pancakes and Sausage Creamy Pea Salad Hash Browns Cherry Crisp Cheese Stick</p>	<p><b>21</b> Beefy Goulash Seasoned Cauliflower Diced Carrots Applesauce Cornbread</p>	<p><b>22</b> Turkey and Rice Casserole Green Beans Black-Eyed Peas Pineapple / Cottage Cheese Whole Wheat Bread</p>	<p><b>23</b> Chicken Cacciatore Peas with Pearl Onions Tri Colored Potatoes Mandarin Oranges Whole Wheat Bread</p>
<p><b>26</b> Cabbage Roll Mashed Potatoes Seasoned Lima Beans Peaches Whole Wheat Bread</p>	<p><b>27</b> Pork Chop Scalloped Potatoes Collard Greens Blueberries Whole Wheat Bread</p>	<p><b>28</b> Swedish Meatballs over Parslied Noodles Steamed Broccoli Buttered Corn Strawberries Whole Wheat Bread</p>	<p><b>29</b> Creamed Chicken over Biscuit Mashed Potatoes Mixed Vegetables Apricots Brownie</p>	<p><b>30</b> Chili Dog w/Cheese Baked Beans Potato Wedges Fresh Melon</p>

**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.