

GLCAP Sandusky County Senior Menu for May 2022

(Menu subject to change without notice.)

**Chef Salads Available Tuesdays and Fridays

**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 ½ cup

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
2. Chicken Cacciatore, Roasted Red Potatoes, Steamed Peas, Mixed Fruit, Banana Nut Muffin Box Lunch: Creamy Caesar Chicken Pasta	3. Congregate/Grab and Go Box Lunch: Creamy Caesar Chicken Pasta	4. Swedish Meatballs over Parslied Noodles, Buttered Corn, Harvard Beets, Pineapple, Wheat Bread Box Lunch: Chicken Salad	5. Congregate Box Lunch: Chicken Salad	6. Beef Tacos, Refried Beans, Lettuce Cup, Peach Crisp OR Salad: Garden Salad / Cheese Stick
9. Beef Stroganoff, Baby Carrots, Zucchini, Apricots, Wheat Bread, Nutty Buddy Bar Box Lunch: Italian Pasta w/Ham	10. Congregate/Grab and Go Box Lunch: Italian Pasta w/Ham	11. Spaghetti w/Meat Sauce, Italian Green Beans, Tossed Salad, Apple Crisp, Garlic Bread Box Lunch: Ham and Cheese Sandwich	12. Congregate Box Lunch: Ham and Cheese Sandwich	13. Calico Beans, Capri Blend, Vegetables, Baked Potato Melon, Yogurt Cup, Cornbread OR Salad: Chef Salad w/Chicken
16. Hamburger Gravy over Mashed Potatoes, Green Beans, Cherry Crisp, Roll Box Lunch: Egg Salad/Croissant	17. Congregate/Grab and Go Box Lunch: Egg Salad/Croissant	18. Baked Ham, Sweet Potatoes, Brussels Sprouts, Citrus Salad, Cottage Cheese, Blueberry Muffin Box Lunch: Turkey and Cheese Sandwich	19. Staff In-Service Day No Home Delivered Meal Delivery of In-Person Dining. Gibsonburg Center Closed	20. Cheeseburger on Bun, Potato Wedges, Green Beans, Pears, Brownie OR Salad: Chef Salad w/ Turkey Ham
23. BBQ Pork Riblet, Sweet Potatoes, Collard Greens, Applesauce, Wheat Bread, Cookie Box Lunch: Greek Feta Chicken Pasta Salad	24. Congregate/Grab and Go Box Lunch: Greek Feta Chicken Pasta Salad	25. Spinach and Garlic Chicken Sausage over Pasta, Italian Vegetables, Stewed Tomatoes, Blueberries, Garlic Bread Box Lunch: Roast Beef Sandwich	26. Fremont Congregate Birthday Day! Meatloaf, Mashed Potatoes and Gravy, Riviera Blend Vegetables, Ambrosia Salad, Roll, Cake, Ice Cream	27. Birthday Day! HDM/Gib/GNG Meatloaf, Mashed Potatoes and Gravy, Riviera Blend Vegetables, Ambrosia Salad, Roll, Cake, Ice Cream OR Salad: Garden Salad / Cheese Stick
30. Closed Holiday	31. Congregate/Grab and Go Box Lunch: Chicken Salad/Croissant			Fremont Congregate Meal for 5/27/2022: Cold Meal: Roast Beef Sandwich/Soup

CALL 24 HOURS IN ADVANCE TO SCHEDULE A MEAL. Fremont – 419-334-8383, Gibsonburg – 419-637-7947

For Home Delivered Meal Cancellations, contact 419-332-4032. For ingredient content only, call GLCAP Food Service 419-333-1402.