Our seniors are vibrant, diverse and full of life. We want the food at our senior centers to be the same. Our food experiences give senior center guests a chance to expand their palates and explore new food possibilities.

Join us and enjoy!

LIVE WELL, EAT WELL AND BE HAPPY.
JOIN OUR SENIOR CENTER FOOD EXPERIENCE EVENTS.

At our Food Experience events, we serve guests buffet-style tasting menus of Indian, Hungarian, Greek and other cuisines. Usually offered to groups of 25, Food Experiences provide a variety of menu items so that guests may sample many different elements from a particular cuisine. Guests may then discuss the dishes they liked best and share how we may incorporate menu items into the daily lunch menu served at our senior centers.

For information about the next Food Experience event contact the senior center nearest you:

Clyde — 419-547-8052
Gibsonburg — 419-637-7947
Fremont — 419-334-8181

For more information about GLCAP Senior Services, call 1-800-775-9767 or visit www.glcap.org
INDIAN
Indian foods are as varied as the country; bread and meats are common in northern foods, and vegetarian and rice dishes are more common in the south.

Helpful ingredients
- Basmati rice
- Cumin
- Naan bread
- Chickpeas
- Lamb
- Onion
- Coconut milk
- Lentils
- Yogurt
- Feta cheese
- Thyme
- Spinach
- Eggplant

ITALIAN
Italian cuisine dates back to Roman times, and has reaped the culinary benefits of the Italian peninsula being a trading hub during the Middle Ages.

Helpful ingredients
- Basil
- Olive oil
- Pasta
- Garlic
- Oregano
- Tomatoes
- Parmesan

VEGETARIAN
Non-meat dishes that include grains, vegetables, and protein sources such as beans, soy, dark green vegetables and wheat gluten.

Helpful ingredients
- Beans
- Tempeh
- Tofu
- Leaf veggies
- Rice
- Peppers
- Seitan
- Xanthan Gum
- Leaf veggies
- Quinoa
- Soy
- Rice
- Corn

GLUTEN-FREE
Foods absent of wheat gluten (protein), commonly found in wheat, barley, rye and their derivative foods such as pasta and cereal.

Helpful ingredients
- Corn
- Polenta
- Root veggies
- Leaf veggies
- Quinoa
- Soy
- Meats
- Rice
- Xanthan Gum

LATIN AMERICAN
With strong Spanish and Aztec influence, foods from Central America and Mexico often include ingredients such as corn, chicken, and peppers.

Helpful ingredients
- Avocado
- Beans
- Cilantro
- Corn
- Cumin
- Lime
- Chicken
- Cumin
- Paprika

HUNGARIAN
Marked by soups, stews and spice, Hungarian dishes are hearty and savory, and many dishes incorporate hot paprika as a key ingredient.

Helpful ingredients
- Cabbage
- Onions
- Pork
- Fish
- Paprika
- Potatoes
- Noodles
- Peppers
- Sour cream

GREEK
Greek food blends many elements of Mediterranean cuisine, and utilizes olive oil as well as herbs such as oregano and thyme as key flavors.

Helpful ingredients
- Chicken
- Fish
- Oregano
- Eggplant
- Lamb
- Thyme
- Feta cheese
- Olive oil
- Spinach

WE SHARE THE UNIQUE FLAVORS OF THE WORLD AT OUR SENIOR CENTER FOOD EXPERIENCE EVENTS.