

GLCAP Sandusky County Senior Menu for June 2024

(Menu subject to change without notice.)

**Chef Salads Available Tuesdays and Thursdays

**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 2 oz.

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
3. Cheeseburger on Bun Potato Wedges Cole Slaw Baked Apple Brownie	4. Chicken a La King over Biscuit, Au Gratin Potatoes, Steamed Broccoli, Mixed Fruit Salad: Garden Salad / Cheese Stick	5. Salisbury Steak Mashed Potatoes and Gravy Buttered Corn Mandarin Oranges Wheat Bread / Cookie	6. Lasagna Roll Up w/ Meat Sauce, Italian Vegetables, Tossed Salad, Fruit Crisp, Cottage Cheese, Garlic Bread Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 6/6/24: Roast Beef Sandwich
10. Swedish Meatballs over Parslied Noodles Harvard Beets Green Beans Peaches / Wheat Bread	11. Ham and Potato Skillet, Brussels Sprouts, Baby Carrots, Pears, Wheat Bread, Yogurt Cup Salad: Chef Salad w/ Chicken	12. Beefy Chili Spinach Salad Potato Salad Blueberries Corn Bread / Lemon Bar	13. Tortilla Crusted Tilapia, Roasted Corn and Black Beans, Butternut Squash, Apricots, Wheat Bread Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 6/13/24: Egg Salad / Croissant
17. Baked Steak w/ Peppers and Onions Baked Potato Mixed Vegetables / Pineapple Wheat Bread / Cookie	18. Chicken Cordon Bleu, Sweet Potatoes, Steamed Broccoli, Strawberry Applesauce, Muffin Salad: Chef Salad w/ Turkey Ham	19. Closed - Holiday	20. Cabbage Roll, Mashed Potatoes and Gravy, Squash Blend Vegetables, Fresh Melon, Wheat Bread Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 6/20/24: Chicken Bacon Ranch Pasta Salad
24. Chicken Tenders w/ Dipping Sauce Cheesy Potatoes Green Beans Corn Bread / Cookie	25. Egg and Cheese Omelet, Maple Sweet Potatoes, Spinach Souffle, Bagel, Yogurt Cup Salad: Chef Salad w/ Turkey Ham	26. BBQ Chicken Breast over Garlic Butter Rice Sliced Carrots Peas w/ Pearl Onions Wheat Bread	27. Birthday Day! Baked Meatloaf, Scalloped Potatoes, Prince Charles Vegetable Blend, Strawberry Delight, Roll, Cake, Ice Cream Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 6/27/24: Ham and Cheese Sandwich
			*One Trip Salad Bar at the Fremont Senior Center open on Wednesdays by reservation only. Dine in only, no carry-out.	

CALL 24 HOURS IN ADVANCE TO SCHEDULE A MEAL. Fremont – 419-334-8383, Gibsonburg – 419-637-7947, Clyde – 419-547-8052

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