

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 : \$6.75

GLCAP Sandusky County Senior Menu September 2020	Tuesday	No Wednesday delivery	Thursday	Friday
Monday	1 Turkey Breast, Mashed Potatoes and Gravy, Roasted Yellow Zucchini, Strawberries Wheat Bread Grab & Go: Chicken Salad Sandwich Chef Salad: w/Turkey Ham		3 Italian Chicken Breast Glazed Carrots Steamed Broccoli Apricots Wheat Bread	4 National Macadamia Nut Day! Pasta Pork, Sweet Potatoes, Brussels Sprouts, Pears, Cornbread, Macadamia Nut Cookie Grab & Go: Ham and Swiss Sandwich Chef Salad: w/Chicken
7 HOLIDAY!!	8 Pork Tacos, Corn and Black Bean Salad Tossed Salad, Blueberry Crisp Grab & Go: Egg Salad Sandwich Chef Salad: w/ Turkey Ham		10 BBQ Chicken Sandwich Roasted Red Potatoes Baked Beans Mango	11 Time for Brunch! French Toast /Sausage Patty, Maple Sweet Potatoes, Creamy Pea Salad Warm Cinnamon Apples, Cheese Stick Grab&Go: Turkey & Cheese Sandwich Chef Salad: w/Turkey Ham
14 Pasta Pork Mixed Vegetables, Diced Carrots, Brown Rice Applesauce Wheat Bread	15 Spaghetti and Meatballs , Italian Blend Vegetables, Tossed Salad, Cherry Crisp Garlic Bread Grab & Go: Ham Salad Sandwich Chef Salad: w/Chicken		17 Stuffed Pepper Mashed Potatoes and Gravy Succotash Fresh Melon, Wheat Bread	18 White Chicken Chili, Spinach Salad Potato Salad, Strawberries, Corn Bread Grab & Go: Chicken Salad Sandwich Chef Salad: w/Turkey Ham
21 National Pecan Cookie Day! Pork Sloppy Joe on Bun Potato Wedges Key West Vegetables Orange Pineapple Juice Pecan Cookie	22 Glazed Baked Ham, Sweet Potatoes Collard Greens, Pears, Wheat Bread Grab & Go: Han and Swiss Sandwich Chef Salad: w/Chicken		24 Chipped Beef over Biscuit Steamed Peas Glazed Carrots Pineapple Cottage Cheese	25 Birthday Day! Baked Meatloaf, Mashed Potatoes and Gravy, Riviera Blend Vegetables Blueberries, Dinner Roll, Cake / Ice Cream Grab & Go: Egg Salad Sandwich Chef Salad: w/Turkey Ham
28 Hamburger Gravy over Mashed Potatoes Mixed Vegetables Garlic and Cheddar Biscuit Apricots	29 Chicken Cordon Bleu,Cheesy Potatoes California Blend Vegetables, Strawberry Applesauce, Wheat Bread Grab & Go: Chicken Salad Sandwich Chef Salad: w Turkey Ham		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	Menu subject to change without notice. Chef Salads Available Tuesdays and Fridays. Low concentrated desserts substituted for modified meals.