

**GLCAP Sandusky
County Senior Menu
October 2020**

Meals on Wheels Hotline: 419-332-4032. Seniors who receive Meals on Wheels are not eligible for Grab & Go. Grab & Go Reservations: 419-334-8383. 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.

Monday	Tuesday	Thursday	Friday
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.	1 Roast Beef and Swiss on Rye Bun, Potato Soup, Carrot and Raisin Salad, Applesauce, Cookie	2 BBQ Beef over Texas Toast, Sweet Potatoes, Collard Greens, Pears Grab & Go: Ham and Swiss Sandwich Chef Salad: w/Chicken
5 Cabbage Roll, Mashed Potatoes and Gravy, Seasoned Lima Beans, Mandarin Oranges, Cottage Cheese, Wheat Bread	6 Chicken Cacciatore, Steamed Corn, Sicilian Vegetable Blend, Blueberries, Wheat Bread Grab & Go: Egg Salad Sandwich Chef Salad: w/ Turkey Ham	8 Pork Sloppy Joe on Bun, Winter Blend Vegetables, Tossed Salad, Peach Crisp	9 Pork Loin., Scalloped Potatoes, Collard Greens, Melon, Dinner Roll, Cheesecake Grab & Go: Turkey & Cheese Sandwich, Chef Salad: w/Turkey Ham
12 Herbed Chicken Breast, Steamed Broccoli, Fresh Carrots, Brown Rice, Pears, Wheat Bread	13 Beef Stroganoff, Green Beans, Cauliflower, Strawberries, Wheat Bread, Brownie Grab & Go: Ham Salad Sandwich Chef Salad: w/Chicken	15 Beefy Goulash, Steamed Broccoli, Peas w/ Pearl Onions, Mandarin Oranges, Wheat Bread	16 Chili Dog w/ Cheese, Baked Beans, Roasted Zucchini, Pineapple, Chips Grab & Go: Chicken Salad Sandwich Chef Salad: w/ Turkey Ham
19 Creamed Chicken over Biscuit, Mashed Potatoes, Mixed Vegetables, Mandarin Oranges, Lemon Bar	20 Ham and Potato Skillet, Sliced Carrots, Melon, Green Beans, Wheat Bread Grab & Go: Ham & Swiss Sandwich Chef Salad: w/Chicken	22 Sloppy Joe on Bun, Italian Blend Vegetables, Cole Slaw, Baked Apple	23 Birthday Day! Pot Roast, Cheesy Potatoes, Parsley Buttered Carrots, Mixed Berries/ Dinner Roll, Cake/Ice Cream Grab & Go: Egg Salad Sandwich Chef Salad: w/ Turkey Ham
26 Cubed Steak, Baked Potato, Italian Tomatoes & Zucchini, Melon, Wheat Bread, Cookie	27 Beef Tacos, Refried Beans, Tossed Salad, Cherry Crisp Grab & Go: Chicken Salad Sandwich Chef Salad: w/ Turkey Ham	29 Chicken Salad on Croissant, Celery Sticks/PB Cup, Tomato Florentine Soup, Tropical Fruit, Pudding	30 Macaroni and Cheese, Stewed Tomatoes, Steamed Peas, Apricots, Wheat Bread Grab and Go: Ham Salad Sandwich Chef Salad: w/ Chicken

No Wednesday delivery