

GLCAP Sandusky County Senior Menu for February 2026

(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
2. Beef Stroganoff, Capri Blend Vegetables, Harvard Beets, Pears, Wheat Bread, Lemon Square	3. Ham and Potato Skillet, Asparagus, Diced Carrots, Mixed Fruit, Wheat Bread Salad: Garden Salad / Cheese Stick	4. Chicken Florentine, Baby Baker Potatoes, Italian Green Beans, Mandarin Oranges, Garlic Bread, Cookie	5. Tuna Salad on Croissant, Tomato Basil Soup, Cucumber Salad, Mango Salad: Chef Salad with Turkey Ham	Box Lunch out on Thursday 2/5/26: Chicken Bacon Ranch Pasta with Sides
9. Philly Cheesesteak Meatballs, Garlic Green Beans, Potato Bites, Applesauce, Sub Bun, Brownie	10. Salsa Chicken over Spanish Rice, Fiesta Corn, Tossed Salad, Peach Crisp Salad: Chef Salad w/ Turkey Ham	11. Chipped Beef over Biscuit, Buttered Corn, Nantucket Blend Vegetables, Pineapple, Cottage Cheese	12. Beef Tips over Mashed Potatoes, Normandy Blend Vegetables, Blueberries, Biscuit, Cake, Ice Cream Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 2/12/26: Chicken Salad on Croissant with Sides
16. Closed Holiday	17. Baked Ham, Sweet Potatoes, Northwest Blend Vegetables, Mixed Fruit, Muffin Salad: Garden Salad w/ Cheese Stick	18. Vegetable Lasagna, Italian Blend Vegetables, Tossed Salad, Cherry Crisp, Garlic Bread	19. Honey Dijon Chicken, Roasted Red Potatoes, Baked Beans, Apricots, Wheat Bread, Cookie Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 2/19/26: Egg Salad on Croissant with Sides
23. Sloppy Joe on Bun, Maple Sweet Potatoes, Key West Blend Vegetables, Strawberry Applesauce, Cookie	24. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Orange Juice, Wheat Bread Salad: Garden Salad / Cheese Stick	25. Beef Stew, Asparagus, Super Cole Slaw, Warm Spiced Pears, Corn Bread	26. Birthday Day! Turkey Breast, Mashed Potatoes and Gravy, Green Beans, Peaches, Roll, Cake, Ice Cream Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 2/26/26: Roast Beef and Swiss Sandwich with Sides

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.