

GLCAP Sandusky County Senior Menu for April 2025 <i>(Menu subject to change without notice.)</i> **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	
*One Trip Salad Bar at the Fremont Senior Center open on Wednesdays by reservation only. Dine in only, no carry-out.	1. Turkey Tetrazzini, Stewed Tomatoes, Winter Blend Vegetables, Peaches, Garlic Bread Salad: Chef Salad w/ Chicken	2. BBQ Chicken Breast, Potato Bites, Mixed Vegetables, Fruit Cocktail, Wheat Bread, Lemon Bar	3. Kielbasa, Mashed Potatoes and Gravy, Sauerkraut, Cinnamon Applesauce, Corn Bread Salad: Garden Salad w/ Cheese Stick	Box Lunch out on Thursday 4/3/25: Italian Pasta Salad with Ham and Sides	
7. Chicken a La King over Biscuit, Au Gratin Potatoes, Steamed Broccoli, Mandarin Oranges, Cookie	8. Swedish Meatballs over Parslied Noodles, Harvard beets, Peas w/ Pearl Onions, Strawberries, Wheat Bread Salad: Chef Salad w/ Turkey Ham	9. Mushroom Steak, Baked Potato, Capri Blend Vegetables, Pears, Wheat Bread, Brownie	10. Egg and Cheese Omelet, Maple Sweet Potatoes, Spinach Souffle, Peaches, Bagel Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 4/10/25: Chicken Salad on Croissant with Sides	
14. Stuffed Peppers, Mashed Potatoes and Gravy, Baby Carrots, Apricots, Wheat Bread	15. Taco Skillet (Beef, Beans, Rice), Fiesta Corn, Tossed Salad, Blueberry Crisp, Tortilla Shell Salad: Chef Salad w/ Chicken	16. Roast Beef Sandwich on Bun, Cole Slaw, Loaded Potato Soup, Mixed Fruit, Pudding	17. Chicken Marsala, Cheesy Potatoes, Green Beans, Pineapple, Wheat Bread, Cottage Cheese Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 4/17/25: Ham and Cheese Sandwich with Sides	
21. Macaroni and Cheese, Nantucket Blend Vegetables, Stewed Tomatoes, Tropical Fruit, Yogurt Cup	22. Smothered Pork Chop, Collard Greens, Scalloped Potatoes, Strawberries, Wheat Bread Salad: Chef Salad w/ Turkey Ham	23. Chicken Florentine, Baby Baker Potatoes, Italian Blend Vegetables, Mandarin Oranges, Garlic Bread	24. Birthday Day! Baked Meatloaf, Mashed Potatoes and Gravy, Sicilian Blend Vegetables, Fruited Gelatin Salad, Roll, Cake, Ice Cream Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 4/24/25: Southwest Chicken Pasta with Sides	
28. Broccoli and Cheddar Stuffed Chicken Breast, Creamed Spinach, Peas and Carrots, Blueberries, Wheat Bread	29. Tuna Noodle Casserole, Harvard Beets, Green Beans, Peaches, Wheat Bread Salad: Garden Salad / Cheese Stick	30. Beef Tips over Mashed Potatoes, Steamed Broccoli, Cherry Crisp, Biscuit, Cookie			

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.