

# GLCAP Sandusky County Senior Menu for October 2025

(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
		1. Turkey Tetrizzini, Stewed Tomatoes, Key West Blend Vegetables, Tropical Fruit, Garlic Bread	2. Chili Cheese Dog, Mixed Vegetables, Potato Bites, Melon <b>Salad:</b> Chef Salad w/ Chicken	<b>Box Lunch out on Thursday 10/2/25: Italian Pasta Salad with Ham and Sides</b>
6. Swedish Meatballs over Parslied Noodles, Harvard Beets, Peas w/ Pearl Onions, Pears, Wheat Bread	7. Smoothered Pork Chop, Collard Greens, Scalloped Potatoes, Strawberries, Corn Bread <b>Salad:</b> Chef Salad w/ Turkey Ham	8. BBQ Chicken Breast, Mashed Potatoes, Diced Carrots, Peaches, Wheat Bread, Cookie	9. Egg and Cheese Omelet, Maple Sweet Potatoes, Creamed Spinach, Apricots, Bagel <b>Salad:</b> Chef Salad w/ Chicken	<b>Box Lunch out on Thursday 10/9/25: Roast Beef and Swiss on Bun with Sides</b>
13. Bratwurst (Beef and Pork) and Sauerkraut, Carrot Coins, Buttered Potatoes, Applesauce, Rye Bread, Apple Streusel Coffee Cake	14. Chicken a La King over Biscuit, Au Gratin Potatoes, Steamed Broccoli, Mandarin Oranges <b>Salad:</b> Chef Salad w/ Turkey Ham	15. Beefy Goulash, Sliced Carrots, Succotash, Pineapple, Cottage Cheese, Wheat Bread, Brownie	16. Pulled Pork Sandwich, Baked Beans, Cole Slaw, Blueberry Crisp <b>Salad:</b> Garden Salad / Cheese Stick	<b>Box Lunch out on Thursday 10/16/25: Chicken Bacon Ranch Pasta with Sides</b>
20. Stuffed Peppers, Mashed Potatoes and Gravy, Buttered Corn, Apricots, Corn Bread, Cookie	21. Chicken Marsala, Roasted Red Potatoes, Green Beans, Peaches, Wheat Bread <b>Salad:</b> Chef Salad w/ Turkey Ham	22. Mushroom Steak, Baked Potato, Capri Blend Vegetables, Strawberry Applesauce, Wheat Bread	23. <b>Birthday Day!</b> Baked Meatloaf, Cheesy Potatoes, Northwest Blend Vegetables, Fruited Gelatin Salad, Roll, Cake, Ice Cream <b>Salad:</b> Chef Salad w/ Chicken	<b>Box Lunch out on Thursday 10/23/25: Turkey and Cheese on Bun with Sides</b>
27. Macaroni and Cheese, Nantucket Blend Vegetables, Stewed Tomatoes, Tropical Fruit, Yogurt Cup, Muffin	28. Taco Skillet (Beef, Beans, Rice), Fiesta Corn, Tossed Salad, Apple Crisp, Tortilla Shell <b>Salad:</b> Garden Salad / Cheese Stick	29. Broccoli and Cheddar Stuffed Chicken Breast, Baby Baker Potatoes, Riviera Blend Vegetables, Pears, Wheat Bread	30. Tuna Noodle Casserole, Harvard Beets, Steamed Peas, Pineapple, Cottage Cheese, Wheat Bread <b>Salad:</b> Chef Salad w/ Turkey Ham	<b>Box Lunch out on Thursday 10/30/25: Southwest Chicken Pasta with Sides</b>

**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.**