

GLCAP Sandusky County Senior Menu for September 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. Closed Holiday *Holiday Frozen for Home Delivered Consumers out on Monday, August 25 th , 2025	2. Cubed Steak, Mashed Potatoes and Gravy, Riviera Blend Vegetables, Tropical Fruit, Wheat Bread Salad: Garden Salad / Cheese	3. Chicken Lasagna, Sicilian Blend Vegetables, Italian Tomatoes and Zucchini, Mandarin Oranges, Garlic Bread	4. Fish Sandwich on Bun, Cheesy Potatoes, Glazed Carrots, Strawberries Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 9/4/25: Ham and Cheese Sandwich with Sides
8. Beef and Noodles, Succotash, Harvard Beets, Pineapple, Cottage Cheese, Wheat Bread, Cookie	9. BBQ Pork Riblett, Sweet Potatoes, Steamed Broccoli, Peaches, Wheat Bread Salad: Chef Salad w/ Turkey Ham	10. Beefy Chili, Spinach Salad, Potato Salad, Blueberries, Pudding, Corn Bread	11. Baked Ham, Scalloped Potatoes, Caribbean Blend Vegetables, Strawberry Applesauce, Roll Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 9/11/25: Greek Chicken Pasta Salad with Sides
15. Italian Chicken Breast, Roasted Red Potatoes, Mixed Vegetables, Apricots, Wheat Bread	16. Beef Tacos, Spanish Rice, Refried Beans, Tossed Salad, Mango, Tortilla Salad: Garden Salad / Cheese Stick	17. Turkey Pot Roast, Mashed Potatoes and Gravy, Baby Carrots, Mixed Fruit, Wheat Bread, Lemon Square	18. French Toast, Turkey Sausage, Hashbrown Cubes, Pea Salad, Cherry Crisp, Yogurt Cup Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 9/18/25: Ham Salad on Croissant with Sides
22. Cheeseburger Potato Wedges Baked Beans Pears / Brownie	23. Hamburger Gravy over Mashed Potatoes, Buttered Corn, Blueberries, Garlic and Cheddar Biscuit Salad: Chef Salad w/ Turkey Ham	24. Spaghetti with Meatballs, Italian Green Beans, Tossed Salad, Apple Crisp, Garlic Bread	25. Birthday Day! Chicken Cordon Bleu, Au Gratin Potatoes, Green Beans, Hawaiian Delight, Roll, Cake, Ice Cream Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 9/25/25: Chicken Salad on Croissant with Sides
29. Baked Steak w/ Peppers and Onions, Baby Baker Potatoes, Northwest Blend Vegetables, Mandarin Oranges, Wheat Bread, Cookie	30. Chicken Teriyaki over Brown Rice, Steamed Broccoli, Diced Carrots, Pineapple, Wheat Bread Salad: Chef Salad w/ Turkey Ham			

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.