

GLCAP Sandusky County Senior Menu for January 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
			1. Closed Holiday	Box Lunch for 1/2/26 out on Wednesday 12/31/25: Ham Salad on Croissant with Sides
5. Swedish Meatballs over Parslied Noodles, Harvard Beets, Peas w/ Pearl Onions, Pears, Wheat Bread, Lemon Square	6. Turkey Tetrzzini, Tomatoes and Zucchini, Key West Blend Vegetables, Peaches, Garlic Bread Salad: Garden Salad / Cheese Stick	7. BBQ Chicken Breast, Sweet Potatoes, Green Beans, Pineapple, Cottage Cheese, Corn Bread	8. Beefy Goulash, Diced Carrots, Succotash, Mandarin Oranges, Wheat Bread Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 1/8/26: Ham and Cheese Sandwich with Sides
12. Hamburger Gravy over Mashed Potatoes, Buttered Corn, Blueberries, Garlic and Cheddar Biscuit, Cookie	13. Smoothered Pork Chop, Collard Greens, Scalloped Potatoes, Applesauce, Wheat Bread Salad: Chef Salad w/ Chicken	14. Chicken Marsala, Roasted Red Potatoes, Steamed Broccoli, Mixed Fruit, Wheat Bread	15. Egg and Cheese Omelet, Maple Sweet Potatoes, Pea Salad, Cherry Crisp, Apricots, Bagel Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 1/15/26: Greek Chicken Pasta Salad with Sides
19. Closed Holiday *Holiday Frozen for HDM out on 1/12/26*	20. Macaroni and Cheese with Ham, Stewed Tomatoes, Steamed Peas, Strawberries, Wheat Bread Salad: Chef Salad w/ Chicken	21. Chicken Salad on Croissant, Minestrone Soup, Potato Salad, Mandarin Oranges	22. Birthday Day! Stuffed Peppers, Mashed Potatoes and Gravy, Northwest Blend Vegetables, Fruited Gelatin Salad, Roll, Cake, Ice Cream Salad: Garden Salad / Cheese Stick	Box Lunch out on Tuesday 1/22/26: Italian Pasta with Ham and Sides
26. Broccoli and Cheddar Stuffed Chicken Breast, Baby Baker Potatoes, Riviera Blend Vegetables, Pears, Wheat Bread	27. Mushroom Steak, Potato Bites, Capri Blend Vegetables, Pineapple, Cottage Cheese, Wheat Bread Salad: Chef Salad w/ Turkey Ham	28. Baked Meatloaf, Cheesy Potatoes, Mixed Vegetables, Apricots, Wheat Bread, Brownie	29. Pulled Pork Sandwich, Baked Beans, Cole Slaw, Blueberry Crisp Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 1/29/26: Turkey and Cheese 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.