

GLCAP Sandusky County Senior Menu for July 2024

(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. Beefy Goulash Diced Carrots Succotash / Pears Corn Bread / Brownie	2. Chicken Parm, Green Beans, Roasted Red Potatoes, Strawberries, Garlic Bread Salad: Chef Salad w/ Turkey Ham	3. Chili Dog w/ Cheese, Baked Beans, Broccoli and Cauliflower, Fruit Salad, Apple Pie	4. Closed Holiday	Box Lunch out on Thursday 7/3/24: Italian Pasta Salad w/ Ham
8. Turkey in Gravy over Mashed Potatoes, Mixed Vegetables, Cherry Crisp, Biscuit, Cookie	9. BBQ Riblett, Sweet Potatoes, Brussels Sprouts, Applesauce, Wheat Bread Salad: Chef Salad w/ Chicken	10. Chicken Marsala, Au Gratin Potatoes, Peas and Pearl Onions, Topical Fruit, Wheat Bread, Lemon Bar	11. Taco Skillet (Beef, Rice, Beans), Tossed Salad, Seasoned Black Beans, Scalloped Peaches, Tortilla Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 7/11/24: Turkey and Cheese Sandwich
15. Chicken Florentine, Baby Bakers, Diced Carrots, Mandarin Oranges, Wheat Bread, Cookie	16. Philly Cheesesteak Meatballs, Garlic Green Beans, Potato Bites, Mixed Fruit, Sub Bun Salad: Chef Salad w/ Chicken	17. Shepherd's Pie, Butter Beans Stewed Tomatoes, Apricots, Wheat Bread, Fruited Gelatin Salad	18. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Orange Juice, Wheat Bread Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 7/18/24: Italian Sub Sandwich
22. Mushroom Steak, Baked Potato Squash Blend Vegetables, Pineapple, Wheat Bread, Brownie	23. Sausage Gravy over Biscuit, Hashbrown Cubes, Pea Salad, Blueberry Crisp Salad: Chef Salad w/ Turkey Ham	24. Broccoli and Cheddar Stuffed Chicken Breast, Baby Carrots, Creamed Spinach, Strawberries	25. Birthday Day! Stuffed Peppers, Mashed Potatoes and Gravy, Nantucket Vegetables, Peaches, Garlic Roll, Cake, Ice Cream Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 7/25/24: Chicken Salad / Croissant
29. Beef Tips over Mashed Potatoes, Peas and Carrots, Mixed Fruit, Biscuit, Cookie	30. Tuna Noodle Casserole, Harvard Beets, Green Beans, Pears, Muffin, Yogurt Cup Salad: Garden Salad / Cheese Stick	31. Pepperoni Calzone, Steamed Broccoli, Tossed Salad, Cinnamon Apples, Cheese Stick, Brownie	*One Trip Salad Bar at the Fremont Senior Center open on Wednesdays by reservation only. Dine in only, no carry-out.	

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.